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Summer 2010
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DiabeticLivingOnline.com

Great free stuff! p. 40

Feel satisfied!
65 carb-smart recipes

Like this fresh pasta p. 24

Spot your spikes
See how p. 52

Mix & match meals in minutes

How to protect your heart
p. 36

Vol. 7, No. 2

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It's good for you p. 64

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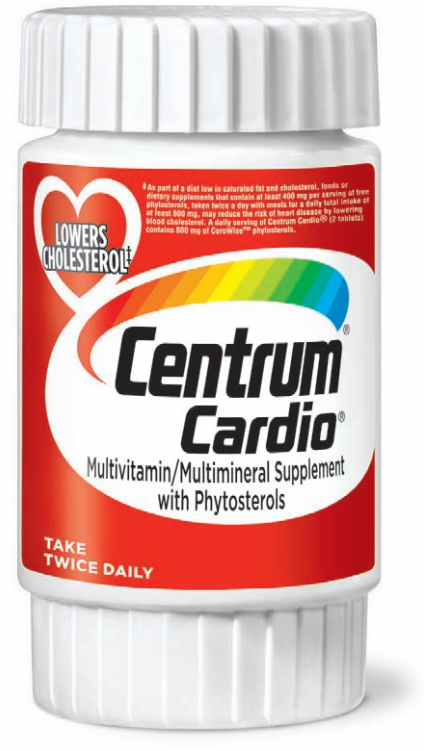

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SUMMER 2010

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PHOTOGRAPHER: **Blaine Moats**
FOOD STYLIST: **Dianna Nolin**

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summer 2010 recipes

Feast your eyes! See page 108 for more nutrition facts about our recipes, all tested (and tasted) for you in the Better Homes and Gardens® Test Kitchen.

Turn to page 119 for the complete food index.

Find easy grilling and entertaining tips inside.

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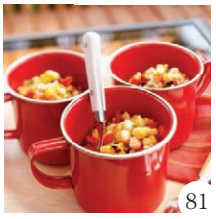
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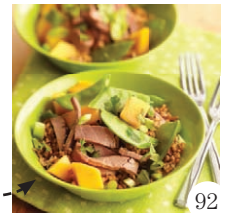
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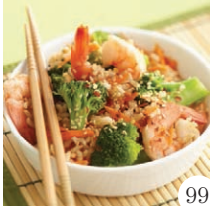
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These frosty treats are light and sweet.

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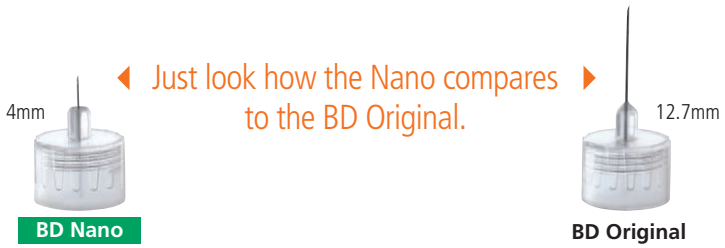

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Things to chew on

Spend more time with family and friends enjoying good food—and less time planning and counting it. Some helpers:

- The plate method is a no-math system to create balanced, calorie-smart meals. See it on page 22.
- Three pocket-size gadgets that offer food databases and meal tracking are shown on page 59.

food for thought

Diabetes and food—the two seem inseparable. I'd prefer to keep my thoughts about food focused on the positives: the aromas and flavors, the family memories centered on a certain dish, a spontaneous pinch of this and dash of that. Too much to ask? No. But balancing blood sugars, weight, and food choices requires education and some diabetes detective work.

Through my years with diabetes, I've become a Miss Marple of meat and potatoes, a Sherlock Holmes of homemade casseroles, a Nancy Drew of dare-I-eat-it desserts.

You've come to the right place to sleuth your way to better health. Here at *Diabetic Living,* we tap into the knowledge of medical experts, the experience of people living with diabetes, and the recipe expertise of the Better Homes and Gardens® Test Kitchen to provide you with information and—most important—action steps. And we cheer your every step.

We've created some easy summer grillers (see page 80) and great recipes that bypass heating up the oven (page 92) to keep you cool, collected, and well-fed this summer.

We point out the benefits of eating regular meals (meal-skipping does not lead to better blood sugars) on page 64.

CHECK MATES Curious about how meals affect your blood sugars? See page 52 for an easy mealtime how-to—and let us know what you discover.

Living well with diabetes is, of course, about more than food—it's about living your life on your terms. So treat yourself to the freebies on page 40, get ready for summer travels with the reader tips on pages 10 and 60, and take a moment to hug your heart with the information on page 36.

When you and I focus on how to fit in what we love—in ways that let us like the numbers we see on our meters and on our lab reports—our efforts to make every bite count are worth it.

-Kelly

Kelly Rawlings, Editor, PWD type 1
diabeticliving@meredith.com

BETTER BLOOD PRESSURE Fruits and veggies are good sources of potassium, which blunts the harmful effects of sodium on blood pressure. **See more sodium tips on page 73.**

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What's your favorite recipe in this issue?

Grilling veggies is quick and surprisingly easy.
Michelle Bilyeu, Art Director

This main dish salad is sweet and crunchy.
Laura Marzen, R.D., L.D.

A banana split and pie in one—yum!
Sheena Chihak, R.D.

See the recipes on pages 110, 93, and 115.

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The following health care professionals—all experts in diabetes management—review articles that appear in *Diabetic Living®* magazine:

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*Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content.

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roam if you want to

See more traveling tips and products on page 60.

We asked members of our Reader Advisory Panel for their advice on staying healthy this summer while traveling with diabetes.

"I let everyone I am traveling with know that my maintenance is important and invite others to walk or exercise with me."
William B. Winston, LPC, CAS, PWD type 2, Washington, D.C.

"If you are going away for a week or more, obtain prescriptions from your health care provider in case you need refills."
Patti McMann, PWD type 2, Klamath Falls, Oregon

"Although I love a groovy tropical drink with an umbrella, I have learned I am better off, blood sugar-wise, eating my calories and not drinking them."
Nicole Martin, PWD type 2, Kennesaw, Georgia

"I always pack some baggies in my purse. That way, I can save uneaten airline food and leftovers on our trip."
Sharlyn Premuda, PWD type 1, Haslett, Michigan

JOIN IN Help other people live well with diabetes and share your story by joining our reader panel. Go to **DiabeticLivingOnline.com/panel** for more info. E-mail: diabeticliving@meredith.com. Mail: See address, page 6.

Reuse, recycle

Inspired by the clever uses for empty test-strip containers, *left,* featured on page 10 of *Diabetic Living* Spring 2010, reader David F. Britt, PWD type 2, of New Bern, North Carolina, shares these additional ideas:

- **Waterproof match container:** Cut off nonstriking ends of matches so they fit.
- **Fisherman's tackle box:** Fill containers with loose fish hooks, one size per container.
- **Whistle keeper:** Have one handy in case you get lost in the woods.

Facebook friends, chat with us between issues! You'll see daily updates, recipes, tips, and more on our facebook page, **facebook.com/diabeticliving.** Or visit **DiabeticLivingOnline.com** and look for the Facebook button. We're also on Twitter at **twitter.com/DiabeticLiving.**

Got blood sugars?

How often you check blood glucose depends on the type of diabetes you have, medications you may take, and your A1C target. We asked *Diabetic Living* Facebook fans how often they use their meters:

"I'm type 2 and I test four times a day—before every meal and before bed. It works well because I know where my body's at and I can plan my snacks on how my readings were at meal times." —**Melissa Lavallee**

"I'm type 2 and also test four times a day. Fasting (in the a.m.) and two hours after each meal." —**Renae Konkler Schneiderer**

"Once a day. Doctor is happy with my levels." —**Christo Kruger**

"Testing 5 times a day … type 2." —**Bob Johnson**

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BY Marsha McCulloch, R.D., L.D.

thrive

Noteworthy products, news, and research to help you take charge of your diabetes and enjoy all that life brings.

Shuffle away

Your next exercise routine is in the cards. Try one of these fun exercise decks:

1. Sane Fitness QuickStart has 36 exercise cards that provide full-body workouts you can do at the gym or at home with minimal equipment, such as an exercise ball and a few dumbbells. Easy instructions. $24.95; **healthsimple.com**

2. FitDeck Office is a smart solution to a sedentary job. The set of 20 cards illustrates and concisely explains how to do a variety of exercises in your office cubicle. It includes clever ideas for using the exercise cards throughout your day. $9.95; **fitdeck.com**

3. The Walking Deck uses illustrations and written instructions to cover proper walking techniques, ways to monitor intensity, toning exercises, and stretches. Also includes fun ideas for walks at the mall, beach, and more. $14.95; **healthsimple.com**

Continued on page 15 »

fitness cards photo: BLAINE MOATS

EXPERT TIP

"Once you start to increase your activity level a little, you start feeling better. And then you can start moving a little more. More leads to more."

—*Sheri Colberg, Ph.D.*, 50 Secrets of the Longest Living People with Diabetes, *page 16*

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You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

See Patient Information, including storage information, on following page.
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Important

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Read the Patient Information that comes with Humalog before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your healthcare provider about your diabetes or treatment. Make sure that you know how to manage your diabetes. Ask your healthcare provider if you have questions about managing your diabetes.

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- 3 mL vials (bottles) for use with a syringe or external insulin pump
- 3 mL prefilled pens
- 3 mL cartridges for use with a reusable pen or external insulin pump

Who should not take Humalog?

Do not take Humalog if:

- your blood sugar is too low (hypoglycemia). After treating your low blood sugar, follow your healthcare provider's instructions on the use of Humalog.
- you are allergic to anything in Humalog. See the end of this leaflet for a complete list of ingredients in Humalog.

Tell your healthcare provider:

- **about all your medical conditions.** Medical conditions can affect your insulin needs and your dose of Humalog.
- **if you are pregnant or breastfeeding.** You and your healthcare provider should talk about the best way to manage your diabetes while you are pregnant or breastfeeding. Humalog has not been studied in pregnant or nursing women.
- **about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements.** Many medicines can affect your blood sugar levels and insulin needs. Your Humalog dose may need to change if you take other medicines.

Know the medicines you take. Keep a list of your medicines with you to show to all of your healthcare providers.

How should I use Humalog?

Humalog can be used with a syringe, prefilled pen, reusable pen or external insulin pump. Talk to your healthcare provider if you have any questions. Your healthcare provider will tell you the right syringes to use with Humalog vials. Your healthcare provider should show you how to inject Humalog before you start using it.

- **Read the User Manual that comes with your Humalog prefilled pen and the manufacturer's instructions that comes with your external insulin pump. Use Humalog exactly as prescribed by your healthcare provider.**
- **If you have type 1 diabetes, you need to take a longer-acting insulin in addition to Humalog (except when using an external insulin pump).**
- **If you have type 2 diabetes, you may be taking diabetes pills and/or a longer-acting insulin in addition to Humalog.**
- **Humalog starts working faster than other insulins that contain regular human insulin.** Inject Humalog within fifteen minutes before eating or right after eating a meal.
- **Check your blood sugar levels as told by your healthcare provider.**
- Look at your Humalog before using. Humalog should be clear, have no color and look like water. If your Humalog is cloudy, thickened, even slightly colored, or has solid particles or clumps in it, do not use. Return it to your pharmacy for new Humalog.
- Humalog can be mixed with a longer-acting human insulin, but only if you are told to do so by your healthcare provider. If you are mixing two types of insulin, always draw Humalog into the syringe first. Talk with your healthcare provider about how to properly mix Humalog with a different insulin.
- Humalog can be used in an external insulin pump either by withdrawing Humalog from a vial or using a 3 mL Humalog cartridge that is inserted into the pump.
- Humalog was tested with MiniMed®[1] Models 506, 507, and 508 insulin pumps using MiniMed Polyfin®[1] infusion sets. Humalog was also tested with the Disetronic®[2] H-TRONplus®[2] V100 insulin pump (with plastic 3.15 mL insulin reservoir), using the Disetronic Rapid®[2] infusion set.
- A Humalog cartridge used in the D-TRON[2] or D-TRONplus[2] pump, may be used for up to 7 days. Humalog in the external insulin pump reservoir and the complete infusion set should be replaced and a new infusion site selected every 48 hours or less.
- Humalog in an external insulin pump should not be exposed to temperature above 98.6°F (37°C), such as in a sauna or hot tub, hot showers, direct sunlight, or radiant heaters.
- **Inject your dose of Humalog under the skin of your stomach area, upper arm, upper leg, or buttocks. Never inject Humalog into a muscle or vein.**
- **Change (rotate) your injection site with each dose.**
- **Your insulin needs may change because of:**
  - illness
  - stress
  - other medicines you take
  - changes in eating
  - physical activity changes

Follow your healthcare provider's instructions to make changes in your insulin dose.

- **Never dilute or mix Humalog with another insulin in the same prefilled pen, cartridge or external insulin pump.**
- **Always carry a quick source of sugar to treat low blood sugar, such as glucose tablets, hard candy, or juice.**

What are the possible side effects of Humalog?

Low Blood Sugar (Hypoglycemia). Symptoms of low blood sugar include:

- hunger
- dizziness
- feeling shaky or shakiness
- lightheadedness
- sweating
- irritability
- headache
- fast heartbeat
- confusion

Low blood sugar symptoms can happen suddenly. Symptoms of low blood sugar may be different for each person and may change from time to time. Severe low blood sugar can cause seizures and death. Low blood sugar may affect your ability to drive a car or use mechanical equipment, risking injury to yourself or others. Know your symptoms of low blood sugar. Low blood sugar can be treated by drinking juice or regular soda or eating glucose tablets, sugar, or hard candy. Follow your healthcare provider's instructions for treating low blood sugar. Talk to your healthcare provider if low blood sugar is a problem for you.

- **Serious allergic reactions** (whole body allergic reaction). Severe, life-threatening allergic reactions can happen with insulin. Get medical help right away if you develop a rash over your whole body, have trouble breathing, wheezing, a fast heartbeat, or sweating.
- **Reactions at the injection site** (local allergic reaction). You may get redness, swelling, and itching at the injection site. If you keep having injection site reactions or they are serious, you need to call your healthcare provider. Do not inject insulin into a skin area that is red, swollen, or itchy.
- **Skin thickens or pits at the injection site (lipodystrophy).** This can happen if you don't change (rotate) your injection sites enough.

These are not all the side effects from Humalog. Ask your healthcare provider or pharmacist for more information.

- **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.**

How should I store Humalog?

- **Store all unopened (unused) Humalog in the original carton in a refrigerator at 36°F to 46°F (2°C to 8°C).** Do not freeze.
- Do not use Humalog that has been frozen.
- Do not use after the expiration date printed on the carton and label.
- Protect Humalog from extreme heat, cold or light.

After starting use (open):

- **Vials:** Keep in the refrigerator or at room temperature below 86°F (30°C) for up to 28 days. Keep open vials away from direct heat or light. Throw away an opened vial 28 days after first use, even if there is insulin left in the vial.
- **Cartridge and Prefilled Pens:** Do not store a cartridge or prefilled pen that you are using in the refrigerator. Keep at room temperature below 86°F (30°C) for up to 28 days. Throw away a cartridge or prefilled pen 28 days after first use, even if there is insulin left in the cartridge or the pen.

General information about Humalog

Use Humalog only to treat your diabetes. Do not share it with anyone else, even if they also have diabetes. It may harm them.

This leaflet summarized the most important information about Humalog. If you would like more information about Humalog or diabetes, talk with your healthcare provider. You can ask your healthcare provider or pharmacist for information about Humalog that is written for health professionals.

For questions you may call 1-800-LillyRx (1-800-545-5979) or visit www.humalog.com.

What are the ingredients in Humalog?

Active ingredient: insulin lispro.

Inactive ingredients: glycerin, dibasic sodium phosphate, metacresol, zinc oxide (zinc ion), trace amounts of phenol and water for injection.

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[2] Disetronic®, H-TRONplus®, D-TRON®, D-TRONplus and Rapid® are registered trademarks of Roche Diagnostics GMBH.

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Patient Information revised September 2, 2009

PV 5561 AMP PRINTED IN USA

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Humalog® (HU-ma-log) insulin lispro injection, USP (rDNA origin) PV 5561 AMP

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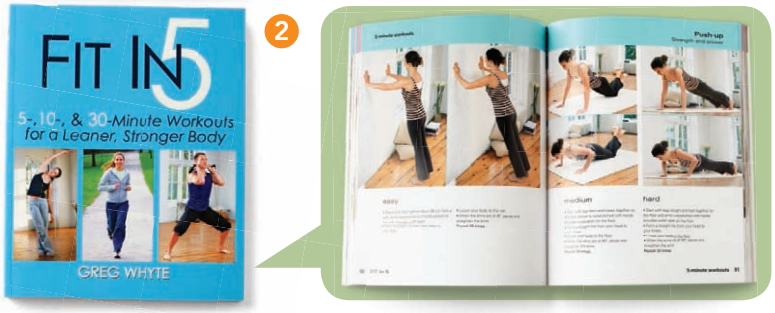
Smooth moves

Adding more physical activity to your day need not be complicated. See how:



photos: BLAINE MOATS

1. Nordic Walking by Malin Svensson (Human Kinetics, 2009; $19.95) teaches you step-by-step how to use walking poles to get a full-body walking workout and boost your calorie burn by 20–46 percent more than standard walking. The appendix provides many resources for equipment, trails, and trips.

2. Fit In 5 by Greg Whyte, Ph.D. (Human Kinetics, 2009; $16.95), helps you build fitness into your lifestyle with 5-, 10-, and 30-minute workouts that you can do anywhere. Includes a wide range of exercises with instructional photos and variations for easy to high intensity.

3. Women's Home Workout Bible by Brad Schoenfeld, CSCS, CPT (Human Kinetics, 2009; $19.95), shows how to set up a home gym based on your space and budget—whether it's less than $100 or more than $2,500—then shows you how to do the exercises. Handy charts organize the exercises into workouts based on the equipment in your home gym.

Continued on page 16

Dry Mouth?
Time-Released Relief
Day or Night!

- Works for Hours
- Proven Effective
- Promotes Oral Health

OraMoist is an innovative, clinically proven approach to treating dry mouth.

OraMoist is a time-released patch that adheres to the roof of the mouth and then slowly dissolves, moistening for hours. The Patch releases a lipid that lubricates the mouth, and Xylitol and enzymes to improve oral health.

Free Trial Sample
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Store Locator/Coupons
www.OraMoist.com

Walgreens RITE AID in Oral Pain Aisle
Albertsons Raley's
QUANTUM HEALTH

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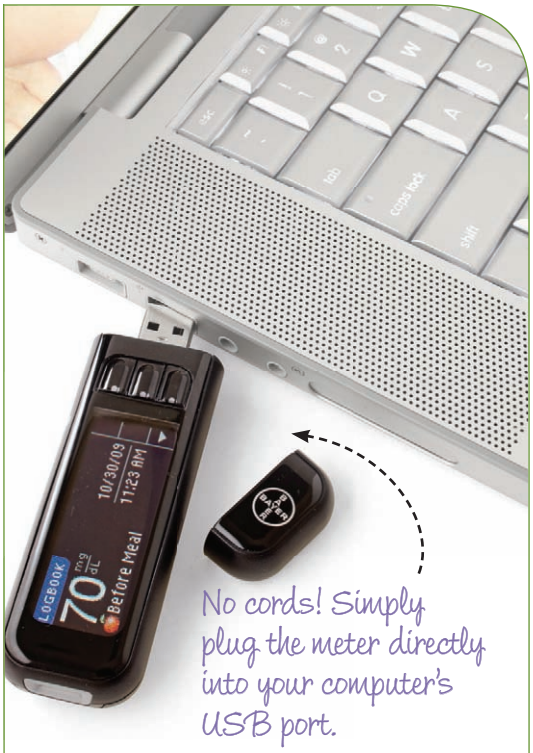


No cords! Simply plug the meter directly into your computer's USB port.

Plug-and-play meter

Tracking blood glucose test results just got easier with Bayer's new Contour USB meter ($74.99). It has a built-in USB connector that plugs directly into a computer and uses Glucofacts Deluxe diabetes management software (PC and Mac compatible). Use it to track test results and generate reports and charts to help you spot blood glucose trends. The Contour USB meter requires no coding, gives results in 5 seconds, and allows you to easily mark test results as pre- or postmeal plus add notes such as "stress" or "sick." It's sold online through Walgreens, CVS, and Walmart. **bayercontourusb.com**

"One of the secrets to living successfully with diabetes is making wise food choices. … Try small changes over time."

—*Theresa Garnero, CDE,* ***tgarnero.com***

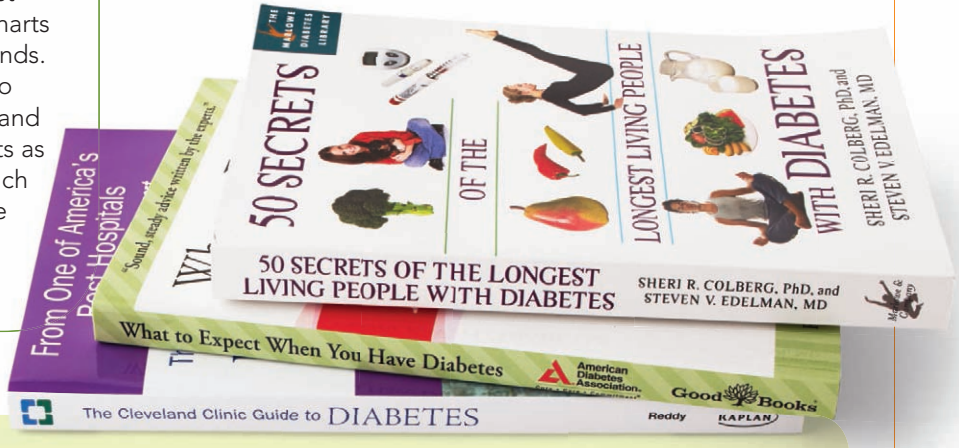
Live well, live long

Discover the secrets to living well for many years with diabetes in these reader-friendly books:

50 Secrets of the Longest Living People with Diabetes by Sheri Colberg, Ph.D., and Steven Edelman, M.D. (Da Capo Press, 2007; $15.95), shares tips from the longest-living people with diabetes (PWDs), including the late Bob Cleveland, *below,* of Syracuse, New York.

What to Expect When You Have Diabetes: 170 Tips for Living Well with Diabetes from the American Diabetes Association (Good Books, 2008; $9.95) has an easy-to-read question-and-answer format so you can quickly flip to your top questions.

The Cleveland Clinic Guide to Diabetes by S. Sethu Reddy, M.D., M.B.A. (Kaplan Publishing, 2009; $15.95), provides expert tips for taking care of your diabetes, plus inspiring stories from PWDs.



WELL-BEING TIP

"My secret for living well with diabetes? I check my blood glucose five or six times a day." —*Bob Cleveland, PWD type 1, lived to age 89*

Continued on page 18 »

photo: BLAINE MOATS

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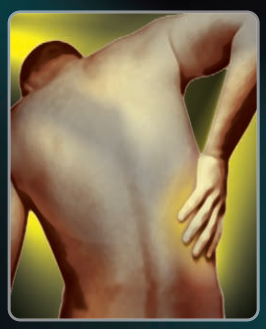

Absorbs Shock
Eliminates Pain
Reduces Fatigue

Propels You Forward
Energizing
Every Step.
Helping You to
be More Active

ADVANCED TRAMPOLINE SPRING SOLE

Feel Like You're Defying Gravity... Walk Pain Free with Less Fatigue. Try Them FREE for 30 Days.

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When your feet hurt, your whole body hurts.

Introducing the GDEFY XLR8 from Gravity Defyer. Their advanced trampoline spring shock absorbers relieve pain and helps to improve your physical condition through rebounding --a safe low impact exercise that has been proven to boost your cardiovascular system, activate your immune system and increase your bone density.

Gravity Defyers relieve pain in your ankles, knees and back. They reduce fatigue so you can exercise longer with less effort and provide instant comfort with internal cooling. They're so good they are even recommended by podiatrists, orthopedists and chiropractors to alleviate the stress of aging. So let your shoes absorb the impact instead of your body. Try the new GDEFY XLR8 by Gravity Defyer today!

85% Ankle & foot pain gone

90% Exercise 20% longer w/ no fatigue

87% 4 out of 5 purchase another pair within 3 mos.

91% Most comfortable shoe ever owned

Advanced Trampoline Spring Sole

- Trampoline Membrane Heel
- Smart Memory Master Spring
- Twin Stabilizer Coils
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I enthusiastically recommend the Gravity Defyer shoes for everyone.
Mark L. Vinick, D.C., C.A.S.

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Better'n Eggs® let you enjoy the goodness of eggs without worrying about the bad stuff. They're made with real eggs, so you don't have to sacrifice great taste. Yet they have zero fat, zero cholesterol and only 30 calories per serving.

Take your scrambled eggs beyond the ordinary by adding just a few fresh ingredients:

- Green peppers, mushrooms and fresh garlic
- Fresh herbs such as rosemary, oregano and thyme
- A splash of salsa or pesto
- Bell peppers and onion
- Spinach and feta cheese
- Basil & tomato (shown above)

For Basil & Tomato Scrambled Eggs and other healthy recipes, visit **betterneggs.com**.

American Heart Association

Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

heartcheckmark.org

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» Continued from page 16

Early insulin is A-OK

Recently diagnosed with type 2 diabetes? A new study suggests starting insulin early is smart—and not so scary.

"Once people try giving themselves an insulin shot, they have this eureka moment as they realize it's not that hard to do," says Ildiko Lingvay, M.D., M.P.H., MSCS, a researcher at University of Texas Southwestern Medical Center in Dallas. "And many people have no idea that an insulin shot actually hurts less than doing a finger stick for their blood glucose check."

Lingvay led a three-year study of 58 obese adults newly diagnosed with type 2 diabetes who were treated with either a combination of insulin and metformin or three diabetes medications (metformin, pioglitazone, and glyburide). Insulin users took injections twice daily with a pen device that was easy to handle—even for people with arthritis or impaired vision.

Both groups improved average blood glucose (A1C) to around 6.0 percent (considered excellent control), had a similar small number of low blood glucose episodes, and gained approximately the same amount of weight (10–15 pounds) over the three-year period.

Source: *Diabetes Care*, October 2009

Carb-free flavor boost

Use Yum Drops natural flavor drops sweetened with stevia to jazz up beverages without adding carbs or calories. Try fun flavors such as root beer in your sparkling water or milk, raspberry in iced tea, and caramel in coffee. Simply add 4–6 drops per 8-ounce beverage and stir. A 0.5-ounce bottle costs $6.95—that's less than a dime per serving. **yumdropsflavoring.com**

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Go Greek

Greek yogurt is an indulgence you can feel good about. It's thick and creamy (even the fat-free varieties!) thanks to a straining process that removes the liquid whey from the yogurt. This makes Greek yogurt lower in lactose (carbs) and higher in protein than regular yogurt. Protein is a key nutrient to help you feel full and satisfied. It takes about three times as much milk to make Greek yogurt, so it typically costs more than regular yogurt. Get details on Greek yogurt brands (*right*) at: **chobani.com**, **fageusa.com**, **3greekgods.com**, and **stonyfield.com**.

TASTY TREAT: Top plain fat-free Greek yogurt with sugar-free fruit spread or fresh berries.

@ See our top 25 consumer-tasted and dietitian-approved snacks: **DiabeticLivingOnline.com/best-snacks**

Continued on page 20 »

The sunnier side of eggs.

(Great taste with no fat or cholesterol.)

Better'n Eggs® won the ChefsBest® Award for Best Taste. And since they're made with real eggs with no cholesterol or fat, your breakfast will be better'n ever. For tasty recipes, visit betterneggs.com.

The ChefsBest® Award for Best Taste is awarded to the brand rated highest overall among leading brands by independent professional chefs. © 2010 Crystal Farms

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» *Continued from page 19*

Sweet spots

Two new low-calorie sweeteners are on the market to help you enjoy something sweet. Both can be used as tabletop sweeteners and in baking and cooking.

1. Sun Crystals is made from a combination of no-calorie stevia (from a naturally sweet plant native to South America) and pure cane sugar. The sugar in it supplies 1 gram of carbohydrate (5 calories) per sweetener packet. Count the carbs if you consume more than three packets at a time. $3.49/50-packet box and $6.49/1-pound bag for baking; **suncrystals.com**

2. Nevella with Probiotics is made of the no-calorie sweetener sucralose and has added probiotics, beneficial bacteria that support digestive and immune health. The probiotics are encapsulated to survive baking temperatures and stomach acids. $2.59/50-packet box and $7.89/9.7-ounce bag for baking; **nevella.com**

@ For tips on baking with sugar substitutes, visit **DiabeticLivingOnline.com/baking**

Eating off-track?

Although many people with diabetes (PWDs) aim to eat right, a recent survey of 2,700 overweight PWDs' eating habits suggests many struggle.

"Nutrition is part of diabetes treatment. It's as important as taking your medication in the morning." *—Mara Vitolins, Dr.P.H., R.D., Look AHEAD researcher, Winston-Salem, North Carolina*

93% consumed too many of their calories from fat

85% consumed too much saturated fat

92% consumed too much sodium

80% didn't eat enough fiber

36% ate the recommended servings of vegetables and fruits

The results were reported as part of an ongoing U.S. study dubbed Look AHEAD, which is designed to find out if losing weight and keeping it off for years affects cardiovascular disease events in PWDs.

Source: *Journal of the American Dietetic Association*, August 2009

photo: BLAINE MOATS

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Nutrisystem® | D™

Clinically tested to help you lose weight, which helps lower blood sugar and control type 2 diabetes.

MIKE
LOST 106 lbs.*

BEVERLY
LOST 52 lbs.*

With our **diabetic program**, Nutrisystem D, losing weight so you can help control your diabetes is easier than you think! Choose from **over 130 delicious foods—over 20 NEW—**including pizza, pasta, burgers, even chocolate! Nutrisystem D is a **low-Glycemic Index** program full of **good carbs and fiber** to help keep you feeling fuller longer. It's smart, sensible weight loss for people with type 2 diabetes, and a great value!

Support at your fingertips:

- **FREE** round-the-clock phone access to weight loss coaches
- **FREE** online membership including weight loss tips, tools and menu planning
- **FREE** live chat sessions with registered dietitians
- ***PLUS!* FREE** delivery straight to your door†

All for as low as $3 a meal †

Clinical Study Shows††–

On Nutrisystem D, people with type 2 diabetes who wanted to lose weight:

- ✔ Lost up to **16 times more** weight
- ✔ Lowered blood sugar levels **5 times more**
- ✔ Lowered A_1C by **0.9%**
- ✔ Lowered total cholesterol level by **20.9 mg**
- ✔ Lowered triglycerides level by **42.7 mg**

In a 3-month clinical study at Temple University School of Medicine and published in the *Journal of Postgraduate Medicine*, Nutrisystem program participants lost an average of 18 lbs., and lowered fasting blood sugar levels from 149.5 to 115.2, compared to those in a control group, who lost 1.3 lbs., and lowered fasting blood sugar levels from 151.4 to 144. Not all menu items were included in the study. Study funded through a research grant from Nutrisystem.

Named **BEST VALUE** by *SmartMoney Magazine!* January 2010

EAT FREE FOR 2 WEEKS!

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†Offer good on new 28-Day Auto-Delivery programs. Offer not valid on Flex and Select (fresh-frozen) programs. Free shipping to Continental U.S. only. One additional free week of food will be included with each of your first two deliveries. With Auto-Delivery, you are automatically charged and shipped your 28-Day program once every 4 weeks unless you cancel. You can cancel at any time by calling 1-800-727-8046; however for this offer you must stay on Auto-Delivery for at least two consecutive 28-Day program deliveries to receive both free weeks. Other restrictions apply. Call or see website for details. Cannot be combined with any prior or current discount or offer. Limit one offer per customer. ©2010 Nutrisystem, Inc. All rights reserved.

*Results not typical. On Nutrisystem, you can expect to lose at least 1-2 lbs. per week. Individuals are remunerated. On Nutrisystem you add-in fresh grocery items.

Nutrisystem D is a comprehensive weight loss program. It does not treat, cure or prevent diabetes, and is not a substitute for diabetic medications. Consult your physician before starting this or any weight loss or exercise program.

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by the plate

Puzzled by what to put on your plate? Here's a simple way to create satisfying, good-for-you meals.

Q: How can I combine simple, healthful foods to make a variety of quick and easy meals that are appropriate for a person with diabetes?
—Robin Kaufholtz, PWD type 2
Longmont, Colorado

A: To create balanced meals plus stay within your carb and calorie allowances, let a 9-inch plate be your guide, *below*. Using this method, a meal complete with a side of fruit and a cup of fat-free milk provides about 425 calories, 55–60 grams of carbohydrate, 35 grams of protein, and 10 grams of fat. Save the dairy or fruit serving for a snack if you're targeting 45 grams of carbohydrate per meal (typical for many women) and limit condiments.

Include a serving of fruit and/or dairy if your carb budget allows.

Fill ¼ of plate with lean meat or other high-protein food.

Fill ¼ of plate with a starchy vegetable or whole grain serving.

Fill ½ of plate with nonstarchy vegetables.

Confused by what to eat?
Send our dietitian your top nutrition questions via e-mail to diabeticliving@meredith.com or mail to Meal Makeover, *Diabetic Living* magazine, 1716 Locust St., LN 114, Des Moines, IA 50309.

photos: BLAINE MOATS; food styling: NICOLE FABER-PETERSON

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BY Marsha McCulloch, R.D., L.D.

Occasionally want two servings of grains or starchy veggies at a meal? Omit your fruit or dairy serving.

Mix-and-match meals in minutes

Choose one item in each column to create a meal. Follow each row across for some suggested combinations.

¼ of your plate	¼ of your plate	½ of your plate	
Lean protein* (3 ounces)	**Grains/starchy veggies** (15 g carb.)	**Nonstarchy veggies**** (5 g carb.)	
Plain fish	½ cup potatoes	Asparagus	Tomato slices
Sirloin or round steak	1¾-inch cube corn bread	Green beans	Zucchini and summer squash
Tuna canned in water	5 whole wheat crackers	Sweet pepper strips	Baby carrots
¾ cup low-fat cottage cheese	½ cup garbanzo beans	Mixed salad greens	Assorted chopped veggies
Skinless chicken breast half	⅓ cup cooked brown rice	Sugar snap peas	Water chestnuts
Pork loin chop	½ cup corn	Cauliflower	Spinach salad
Low-fat cheese	4 pieces melba toast	Celery sticks and radishes	Low-sodium vegetable juice
Skinless turkey breast cutlets	½ cup green peas	Brussels sprouts	Cucumber slices in red wine vinegar
¾ cup egg substitute, scrambled	½ whole wheat English muffin	Diced green and red sweet peppers	Mushrooms
95% lean ground beef patty	2 slices reduced-calorie whole grain bread	Canned wax (yellow) beans	Broccoli

*4 ounces of raw meat cooks to 3 ounces, which is about the size of a deck of cards.

**In general, the serving size for nonstarchy vegetables is 1 cup raw or ½ cup cooked or juiced.

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meal in a bowl

We partnered corn and pasta with tomatoes and beef for a fresh, hearty, one-bowl main dish—under 30 carb grams!

RECIPE BY **Elizabeth Burt, R.D.**
PHOTO BY **Blaine Moats**
FOOD STYLING BY **Greg Luna**
PROP STYLING BY **Sue Mitchell**

Beefy Pasta Salad

Lean beef, fiber-rich multigrain pasta, and summer-fresh corn, tomatoes, and basil will make this dish a fast favorite in your recipe repertoire.

SERVINGS 4 (1⅓ cups each)
CARB. PER SERVING 27 g
START TO FINISH 30 minutes

- **1 cup dried multigrain penne pasta (about 3½ ounces)**
- **2 ears corn, husks and silks removed**
- **12 ounces boneless beef sirloin steak, cut into thin bite-size strips, or 2 cups shredded cooked beef pot roast (10 ounces)***
- **1 cup cherry tomatoes, halved**
- **¼ cup shredded fresh basil**
- **2 tablespoons finely shredded Parmesan cheese**
- **3 tablespoons white wine vinegar**
- **2 tablespoons olive oil**
- **1 clove garlic, minced**
- **Finely shredded Parmesan cheese (optional)**

1. In a 4- to 6-quart Dutch oven, cook pasta according to package directions, adding corn the last 3 minutes of cooking time. Using tongs, transfer corn to a large cutting board. Drain pasta. Rinse pasta in cold water and drain again; set aside. Cool corn until easy to handle.

2. Meanwhile, coat an unheated large nonstick skillet with *nonstick cooking spray.* Preheat skillet over medium-high heat. Add beef strips. Cook 4 to 6 minutes or until slightly pink in the center, stirring occasionally. (If using shredded beef, cook until heated through.) Remove from heat and cool slightly.

3. On a cutting board, place an ear of corn pointed tip down. While holding corn firmly at stem end to keep in place, use a sharp knife to cut corn from cob, leaving corn in planks; rotate cob as needed to cut corn from all sides. Repeat with the remaining ear of corn. In a large bowl, combine pasta, beef, tomatoes, basil, and the 2 tablespoons Parmesan cheese.

4. In a screw-top jar, combine vinegar, oil, garlic, ¼ teaspoon *salt*, and ⅛ teaspoon *pepper.* Cover and shake well. Pour over pasta mixture; toss gently to coat. Gently fold in corn planks or place corn planks on top of individual servings. Serve immediately. If desired, garnish with additional Parmesan cheese.

***TEST KITCHEN TIP:** If you have leftover beef pot roast, use it in this pasta salad. Simply shred the meat and use 2 cups of it in the salad.

PER SERVING: 322 cal., 12 g total fat (3 g sat. fat), 38 mg chol., 256 mg sodium, 27 g carb., 4 g fiber, 26 g pro. Exchanges: 2 starch, 3 lean meat, 1 fat. Carb choices: 2.

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barbecue your way

Yes, you can enjoy smoky, saucy, slow-cooked meats. Just keep our barbecue clues in mind.

BY **Hope S. Warshaw, R.D., CDE**
PHOTOS BY **Blaine Moats**

Backyard gatherings, summer festivals, and roadside diners along your vacation route all add up to barbecue—grilled, smoked, and straight from the pit. But sorting the rubs from the sauces and counting the carbohydrate, fat, and sodium can get spicy.

"Barbecue's my business. But when I was diagnosed with type 2 in 2008, my doctor advised, 'Change your lifestyle or you won't be around to reap the rewards of your success,'" says Craig Haagenson, 44, owner of Haagenson's Catering and Ribslayer to Go restaurant in McMinnville, Oregon. "I still savor barbecue, just less of it." Craig has slimmed down 50 pounds and has his blood glucose under control on a couple of medicines.

Come along on our barbecue tour as Craig and health experts offer tips to fit barbecue into your meals.

Cooking style

"From a culinary standpoint, barbecue is diverse, using varied cuts of meat, rubs and sauces, and cooking techniques from smoking for days with flavored wood chips to quick grilling with charcoal or gas," says Amy Myrdal Miller, R.D., of The Culinary Institute of America at Greystone in Napa Valley, California.

The variety can make barbecue overwhelming as you attempt to add the carbohydrate, fat, and sodium counts. The rubs and pastes applied to meats for flavor prior to cooking can be sweet, salty, or spicy. Word to the wise from Craig: If the sauce or cooked meat glistens or is caramelized (with a shiny,

Continued on page 28 »

CARB-COUNT TIP:
Thick barbecue sauces often contain ketchup, which means added sugar and more carbs. Opt for thinner sauce, if possible.

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» Continued from page 26

golden-brown exterior), you can bet there's sugar within.

Meat of the matter

Red meat is the main attraction, of course. Traditionally, the meat is pork (ribs or pulled shoulder) or beef brisket. The fat content varies based on the cut of meat, how it's trimmed, and how much fat drips off during cooking. "The portion of meat can be a big problem, often being double or triple the 3–4 ounces of cooked meat likely on your plan," says Tami Ross, R.D., CDE, coauthor of *What Do I Eat Now? A Step-by-Step Guide to Eating Right with Type 2 Diabetes* (American Diabetes Association, 2010). Consider weighing servings of meat at home to learn how to eyeball sensible portions.

On the side

Sides are often an afterthought, dished up to fill out your plate.

CARB-COUNT TIP:
A shiny, carmelized surface indicates the meat was glazed with a sugary sauce while cooking.

You'll find coleslaw, from creamy to lighter vinegar-base recipes; baked beans, most often loaded with sweeteners; fat-heavy potato or macaroni salad; corn on the cob; and biscuits or rolls to sop up the sauce, restaurant owner Craig says.

Sides can cost you in the fat and carbohydrate columns, dietitian Ross says. If you limit corn, breads, mayonnaise-base salads, and baked beans, you're more likely to meet your nutrition goals, she says.

For a fusion-style side dish, Craig serves Thai slaw with cabbage, carrots, cilantro, and wonton-wrapper strips mixed with a secret vinegar-base dressing with ground dry-roasted peanuts. Dietitian Miller, PWD type 1, favors Bo's Barbecue in Lafayette, California. It's her indulgence twice a year, when she completes her plate with the restaurant's two nutritious sides—sweet potatoes and mixed baby greens.

How to enjoy barbecue

Saddle up with a few smart-eating strategies before you place your order.

Control portions by sharing. Split one dinner between two people and order an extra healthful side or two. Hunt for an appetizer-size portion, a kid's meal, or a smaller entrée, such as pulled pork.

Choose flavorful, not heavily sauced, meat. Opt for a dry rub or sauce on the side to minimize sugar and salt.

Sauce sparingly or not at all. Given the choice, opt for a thin, vinegar-base sauce rather than a thick, sweet sauce.

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Coast-to-coast flavors

The American barbecue scene serves up several styles. They're deeply rooted in regional history and geography; afficianados strongly defend their favorite barbecue flavors.

Save a few fat grams.

Choose leaner cuts of meat: pork shoulder or brisket instead of ribs. If chicken is available, order it and remove the skin before eating.

Enjoy healthful sides,

such as vinegar-base coleslaw, sweet potatoes, or greens. Limit breads, mayonnaise-base salads, and baked beans.

Fix barbecue at home

to control sugar and salt, says restaurant owner Craig Haagenson, PWD type 2. He's learned to use sugar substitutes and less salt in rubs and sauces since his diabetes diagnosis. He ups the flavor with allspice, cloves, and ground coriander seeds.

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Meat math

Nutrition counts vary based on cut of meat, amount of fat trimmed before or after cooking, and the thickness and sweetness of sauces.

Meats (3 ounces meat, no bone)	Calories	Carbohydrate (grams)	Fat (grams)	Sodium (milligrams)
Pork ribs, with sauce	210	10	13	580
Pulled pork, with sauce	190	11	8	725
Beef brisket, no sauce	160	6	8	430

Source: *calorieking.com*

Saucy glossary

Knowing the types of rubs and sauces used to season barbecued meats helps you more precisely estimate the carbohydrate and sodium.

Barbecue sauces: Sauces can be sweet, smoky, or vinegary and range from thick to thin. Ingredients alter taste, consistency, and nutrient profiles. The amount of sugar and ketchup used affects the carb count.

Bastes (also called mops): Sauces applied to meats as they cook to keep them moist and create a flavorful crust. Oil, butter, and vinegar bases are common.

CARB-COUNT TIP:
Order sauce on the side so you can control how much to add to your meat.

Cures: Designed to draw out the moisture and build in a briny taste. Cures contain a lot of salt.

Glazes: Sugar-containing sauces basted on meats toward the end of cooking to provide a shiny coat.

Marinades: Combinations of tenderizing wet ingredients, such as olive oil, lemon juice, and vinegar, and flavorful dry ingredients, such as herbs, spices, garlic, and onion. Meat is soaked in the marinade for hours to flavor and tenderize. Much of the marinade is discarded, so it may contribute little fat or carbohydrate to your final count.

Rubs: Mixtures of spices, herbs, seasonings, and sweeteners rubbed on meats hours before cooking to enhance flavor and form a crust during cooking. Rubs can be powderlike or pastelike, depending on moisture in the ingredients.

Hope Warshaw, R.D., CDE, loves Kansas City-style barbecued ribs—on occasion. She is the author of several diabetes books, including *Diabetes Meal Planning Made Easy,* fourth edition (American Diabetes Association, 2010).

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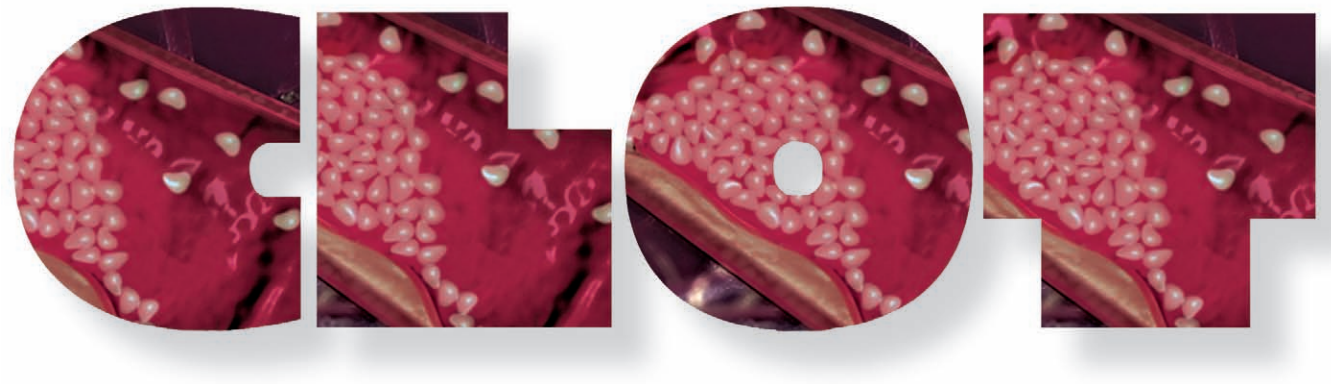

You can help protect against the formation of clots and reduce your risk of a future heart attack or stroke.

This is important information if you've been hospitalized with heart-related chest pain or had a heart attack. That's because these conditions, known as Acute Coronary Syndrome—or ACS—are usually caused when blood platelets stick together and form clots that block blood flow to your heart. And if you've already had a clot, you're at an increased risk for a future heart attack or stroke.

PLAVIX, taken with other heart medicines, helps provide greater protection against heart attack or stroke than other heart medicines alone.

That's because prescription PLAVIX works differently than your cholesterol and blood pressure medications, focusing on your blood platelets to help keep them from sticking together and forming clots.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you need help paying for prescription medicines, you may be eligible for assistance. Call 1-888-4PPA-NOW (1-888-477-2669), or go to www.pparx.org

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Important Safety Information: People with stomach ulcers or other conditions that cause bleeding should not use PLAVIX. Taking PLAVIX alone or with some other medicines, including aspirin, may increase bleeding risk, so tell your doctor when planning surgery. Certain genetic factors and some medicines, such as Prilosec, may affect how PLAVIX works. Tell your doctor all the medicines you take, including aspirin, especially if you've had a stroke. If fever, unexplained weakness or confusion develops, tell your doctor promptly. These may be signs of TTP, a rare but potentially life-threatening condition, reported sometimes less than 2 weeks after starting PLAVIX. Other rare but serious side effects may occur.

See important product information on the following page.

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PLAVIX **Rx Only**
(clopidogrel bisulfate) tablet, film coated

WHO IS PLAVIX FOR?

PLAVIX® (clopidogrel bisulfate) is a prescription-only medicine that helps keep blood platelets from sticking together and forming clots.

PLAVIX is for patients who have:
- had a recent heart attack.
- had a recent stroke.
- poor circulation in their legs (Peripheral Artery Disease).

PLAVIX in combination with aspirin is for patients hospitalized with:
- heart-related chest pain (unstable angina).
- heart attack.

Doctors may refer to these conditions as ACS (Acute Coronary Syndrome).

Clots can become dangerous when they form inside your arteries. These clots form when blood platelets stick together, forming a blockage within your arteries, restricting blood flow to your heart or brain, causing a heart attack or stroke.

WHO SHOULD NOT TAKE PLAVIX?

You should NOT take PLAVIX if you:
- are allergic to clopidogrel (the active ingredient in PLAVIX).
- have a stomach ulcer.
- have another condition that causes bleeding.
- are pregnant or may become pregnant.
- are breast feeding.
- have certain genetic factors.

WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING PLAVIX?

Before taking PLAVIX, tell your doctor if you're pregnant or are breast feeding, if you are taking any other drugs or if you have any of the following:
- gastrointestinal ulcer
- stomach ulcer(s)
- liver problems
- kidney problems
- a history of bleeding conditions

WHAT IMPORTANT INFORMATION SHOULD I KNOW ABOUT PLAVIX?

Genetics: People with a specific genetic makeup may get less protection against heart attack or stroke with PLAVIX.

Drug interactions: Some medicines, such as Prilosec, may affect how PLAVIX works. Tell your doctor all the medications you are taking, including prescription or over-the-counter medications. You should tell your doctor about any other medications you are taking, including prescription or over-the-counter Prilosec (omeprazole). Taking Prilosec with PLAVIX may reduce the effect of PLAVIX. Antacids and most H2 blockers, except Tagamet (cimetidine), are not known to interfere with how PLAVIX works.

TTP: A very serious blood condition called TTP (Thrombotic Thrombocytopenic Purpura) has been rarely reported in people taking PLAVIX. TTP is a potentially life-threatening condition that involves low blood platelet and red blood cell levels, and requires urgent referral to a specialist for prompt treatment once a diagnosis is suspected. Warning signs of TTP may include fever, unexplained confusion or weakness (due to a low blood count, what doctors call anemia). To make an accurate diagnosis, your doctor will need to order blood tests. TTP has been reported rarely, sometimes in less than 2 weeks after starting therapy.

Gastrointestinal Bleeding: There is a potential risk of gastrointestinal (stomach and intestine) bleeding when taking PLAVIX. PLAVIX should be used with caution in patients who have lesions that may bleed (such as ulcers), along with patients who take drugs that cause such lesions.

Bleeding: You may bleed more easily and it may take you longer than usual to stop bleeding when you take PLAVIX alone or in combination with aspirin. Report any unusual bleeding to your doctor.

Geriatrics: When taking aspirin with PLAVIX the risk of serious bleeding increases with age in patients 65 and over.

Stroke Patients: If you have had a recent TIA (also known as a mini-stroke) or stroke taking aspirin with PLAVIX has not been shown to be more effective than taking PLAVIX alone, but taking aspirin with PLAVIX has been shown to increase the risk of bleeding compared to taking PLAVIX alone.

Surgery: Inform doctors and dentists well in advance of any surgery that you are taking PLAVIX so they can help you decide whether or not to discontinue your PLAVIX treatment prior to surgery.

WHAT SHOULD I KNOW ABOUT TAKING OTHER MEDICINES WITH PLAVIX?

You should only take aspirin with PLAVIX when directed to do so by your doctor. Certain other medicines should not be taken with PLAVIX. Be sure to tell your doctor about all of your current medications (prescription or over-the-counter), especially if you are taking the following:
- aspirin
- nonsteroidal anti-inflammatory drugs (NSAIDs)
- warfarin
- heparin
- heartburn or stomach ulcer medicines, like Prilosec

Be sure to tell your doctor if you are taking PLAVIX before starting any new medication.

WHAT ARE THE COMMON SIDE EFFECTS OF PLAVIX?

The most common side effects of PLAVIX include gastrointestinal events (bleeding, abdominal pain, indigestion, diarrhea, and nausea) and rash. This is not a complete list of side effects associated with PLAVIX. Ask your doctor or pharmacist for a complete list.

HOW SHOULD I TAKE PLAVIX?

Only take PLAVIX exactly as prescribed by your doctor. Do not change your dose or stop taking PLAVIX without talking to your doctor first.

PLAVIX should be taken around the same time every day, and it can be taken with or without food. If you miss a day, do not double up on your medication. Just continue your usual dose. If you have any questions about taking your medications, please consult your doctor.

OVERDOSAGE

As with any prescription medicine, it is possible to overdose on PLAVIX. If you think you may have overdosed, immediately call your doctor or Poison Control Center, or go to the nearest emergency room.

FOR MORE INFORMATION

For more information on PLAVIX, call 1-800-633-1610 or visit www.PLAVIX.com. Neither of these resources, nor the information contained here, can take the place of talking to your doctor. Only your doctor knows the specifics of your condition and how PLAVIX fits into your overall therapy. It is therefore important to maintain an ongoing dialogue with your doctor concerning your condition and your treatment.

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DiabeticLivingOnline.com

Indian Spice Rub

PER SERVING: 5 cal., 0 g fat, 0 mg chol., 66 mg sodium, 1 g carb., 0 g fiber, 0 g pro. Exchanges: free. Carb choices: 0.

DiabeticLivingOnline.com

Garlic Herb Rub

PER SERVING: 2 cal., 0 g fat, 0 mg chol., 73 mg sodium, 0 g carb., 0 g fiber, 0 g pro. Exchanges: free. Carb choices: 0.

DiabeticLivingOnline.com

Spicy Southwestern Rub

PER SERVING: 5 cal., 0 g fat, 0 mg chol., 78 mg sodium, 1 g carb., 0 g fiber, 0 g pro. Exchanges: free. Carb choices: 0.

DiabeticLivingOnline.com

recipes by JULI HALE; photos by BLAINE MOATS; food styling by GREG LUNA; prop styling by VICTORIA DEGETTE

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Indian Spice Rub

SERVINGS 36 (¾ teaspoon each)
CARB. PER SERVING 1 g
PREP 10 minutes **COOK** 1 minute **COOL** 5 minutes

- 2 tablespoons cumin seeds
- 2 tablespoons coriander seeds
- 2 teaspoons mustard seeds
- 2 teaspoons whole black peppercorns
- 1 teaspoon whole cloves
- ½ teaspoon crushed red pepper
- 2 tablespoons ground turmeric

1. Heat a skillet over medium heat. Add cumin seeds, coriander seeds, mustard seeds, peppercorns, cloves, and crushed red pepper. Toast 1 to 2 minutes, stirring occasionally. Remove from skillet and cool 5 minutes.
2. Transfer mixture to a spice grinder. Cover and grind to a powder. In a small bowl, combine ground spices, turmeric, and 1 teaspoon *salt*. Rub 1 tablespoon spice mixture on 1 pound of meat* and cook as desired.
***SUGGESTED MEATS:** Chicken, pork, fish, and lean lamb.
TO STORE: Store rub in an airtight container at room temperature up to 1 month.

Sesame Ginger Spice Rub

SERVINGS 20 (¾ teaspoon each)
CARB. PER SERVING 1 g
PREP 10 minutes **COOK** 4 minutes **COOL** 5 minutes

- 1 tablespoon sesame seeds
- 1 teaspoon fennel seeds
- 2 whole star anise
- 1 3-inch piece stick cinnamon
- ½ teaspoon whole cloves
- ½ teaspoon whole black peppercorns
- 1 tablespoon ground ginger
- 1½ teaspoons packed brown sugar
- 1 teaspoon garlic powder

1. Heat a skillet over medium heat. Add sesame seeds, fennel seeds, star anise, cinnamon, cloves, and peppercorns. Toast 4 to 5 minutes, stirring occasionally. Remove from skillet and cool 5 minutes.
2. Transfer mixture to a spice grinder. Cover and grind to a powder. Combine ground mixture, remaining ingredients, and ½ teaspoon *salt*. Rub 1 tablespoon spice mixture on 1 pound of meat* and cook as desired.
***SUGGESTED MEATS:** Scallops, shrimp, chicken, and pork.
TO STORE: Store in an airtight container at room temperature up to 1 month.

Spicy Southwestern Rub

SERVINGS 32 (¾ teaspoon each)
CARB. PER SERVING 1 g
START TO FINISH 5 minutes

- 2 tablespoons ground ancho or pasilla chile pepper
- 2 tablespoons paprika
- 1 tablespoon packed brown sugar
- 1 tablespoon ground cumin
- 2 teaspoons garlic powder
- 2 teaspoons dried thyme, crushed
- ½ teaspoon cayenne pepper

1. In a small bowl, combine all ingredients with 2 teaspoons *black pepper* and 1 teaspoon *salt*. Rub about 1 tablespoon of the spice mixture on 1 pound of meat* and cook as desired.
***SUGGESTED MEATS:** Lean beef, chicken breast, lean pork, and skinless salmon.
TO STORE: Store spice rub in an airtight container at room temperature up to 6 months.

Garlic Herb Rub

SERVINGS 32 (¾ teaspoon each)
CARB. PER SERVING 0 g
START TO FINISH 15 minutes

- 1 tablespoon dried basil, crushed
- 1 tablespoon dried thyme, crushed
- 1 tablespoon dried marjoram, crushed
- 1 tablespoon finely shredded lemon peel or dried lemon peel
- 1 tablespoon garlic powder
- 2 teaspoons dried sage, crushed
- 2 teaspoons fennel seeds, crushed
- 1 teaspoon onion powder

1. In a small bowl, combine all ingredients with 1 teaspoon *salt* and 1 teaspoon *black pepper*. Rub 1 tablespoon herb mixture on 1 pound of meat* and cook as desired.
***SUGGESTED MEATS:** Fish, chicken breast, lean pork, lean lamb, and lean beef.
TO STORE: If using fresh lemon peel, store in an airtight container in the refrigerator up to 1 week or freeze up to 1 month. If using dried lemon peel, store in an airtight container at room temperature up to 6 months.

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[SPECIAL REPORT]

heart smart from the start

There are steps you can take to protect yourself from the most common (and least-discussed) complication of diabetes.

BY **Hope S. Warshaw, R.D., CDE**
ILLUSTRATIONS BY **Marco Marella**

Fears about health problems caused by diabetes often focus on blindness, kidney disease, amputations—problems caused by damage to small blood vessels. But there's a larger issue: heart disease. "There's too much hand-wringing about small-vessel diseases and not nearly enough awareness and sweat about the strong connection between diabetes and cardiovascular disease," says Sylvia Rackow, 78 and PWD type 2, a board member for the advocacy group WomenHeart. She had a heart attack in 1990, 10 years before her diabetes was diagnosed. She now treats both conditions with medications and an active lifestyle.

Heart disease and type 2 diabetes are inextricably intertwined, says Robert H. Eckel, M.D., professor of medicine at the University of Colorado Denver and spokesperson for the American Heart Association's Heart of Diabetes campaign.

Heart disease often precedes type 2 diabetes. Damage to blood vessels from excess weight, inactivity, and inflammation can start years before blood glucose rises too high. Read on for ways to protect your heart.

What is CVD?

Cardiovascular disease (CVD) describes problems that affect the heart and circulatory system (blood vessels). These can be heart attacks, strokes, congestive heart failure, and more. Type 1 and type 2 diabetes—especially uncontrolled diabetes—bring a higher risk of these health issues.

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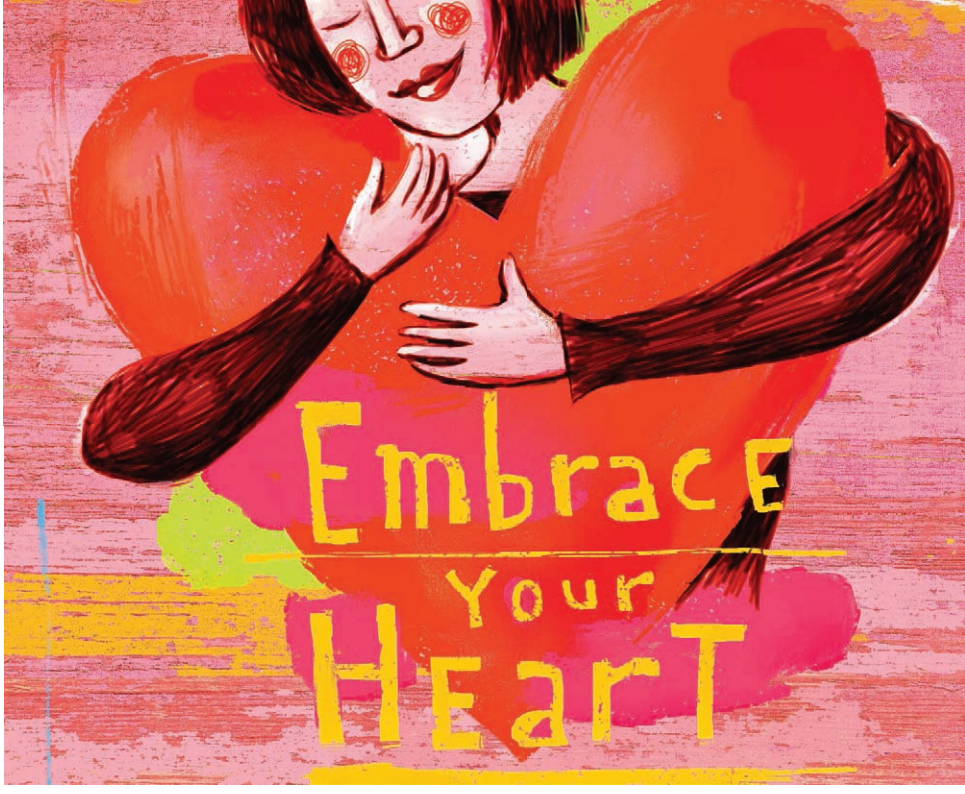

7 action steps to protect your heart

Yes, you can prevent or minimize heart disease (and other diabetes complications, too).

The benefit of changing and treating heart disease risk factors is a healthier, longer life. "Staying healthy with diabetes goes beyond keeping tabs on blood glucose and includes controlling blood pressure and cholesterol," says Chris Tobin, R.N., CDE, president of Health Care and Education for the American Diabetes Association (ADA). "The earlier in the process you can intervene, the fewer problems you're likely to experience." Start now:

1. Shed a few pounds.

Losing just 5–7 percent of your weight (that's 10–14 pounds for a 200-pound person) can decrease the harmful inflammation and insulin resistance that characterize type 2 diabetes. This is especially effective early on, before type 2 diabetes is diagnosed or detected.

2. Eat healthfully and be active—always.

Choosing healthful foods, controlling portions, and being physically active will serve you well your entire life.

3. Reach and maintain your ABC targets.

If you're not meeting the targets for blood glucose, blood pressure, and cholesterol (see "ABCs of Control," below), urge your provider to step up your treatment.

"When it comes to prioritizing efforts on lipids to reduce heart disease, research shows targeting LDL is most

ABCs of control

"To stay healthy now and in the future, hit the recommended ABC targets," says Chris Tobin, R.N., CDE. Off target? Ask your provider how to step up your care.

A1C (blood glucose)

A1C: < 7%

Blood glucose:

- **Fasting/before meals:** 70–130mg/dl
- **1–2 hours after the start of a meal:** < 180 mg/dl

Blood pressure

Blood pressure: < 130/80 mmHg

Cholesterol/blood lipids

Total cholesterol: < 200 mg/dl
Triglycerides: < 150 mg/dl
LDL (bad) cholesterol: < 100 mg/dl
with heart disease: < 70 mg/dl
HDL (good) cholesterol:
Men > 40 mg/dl
Women > 50 mg/dl

From American Diabetes Association 2010 Clinical Practice Recommendations. If you have had diabetes for a long time, have other health problems, or have frequent low blood sugar, your A1C target may need to be higher than 7%. Discuss with your health care provider.

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"I'm not a perfect eater, but I keep trying. It sounds overwhelming to change your life, but things fall into place when you take care of you."

Alice Brainard, PWD type 2, 33, Indiana. High blood pressure; family history of CVD. Lost 80 pounds over 2 years; takes multiple medications (although less of them now) to control her ABCs.

Risks and rewards

You can modify some risk factors for type 2 diabetes and heart disease, but others you can't. Concentrate on what you have the power to change.

You can change (or control)

- high blood pressure
- high LDL (bad) cholesterol
- high triglycerides
- low HDL (good) cholesterol
- smoking
- being overweight
- physical inactivity
- higher-than-normal blood glucose levels

You can't change

- age
- race
- gender
- family history

important," Eckel says. "Triglycerides are of secondary importance, and evidence is still lacking for the benefit of raising HDL."

4. Take your medicine.

You may be on a slew of medications to control your ABCs—no one enjoys that cost or commitment. But research shows that PWDs are likely to need more medications over time to manage the progression of diabetes and heart disease. Talk to your provider if you have difficulty taking or affording your medications.

5. Take an aspirin a day.

Daily low-dose aspirin therapy is recommended for many people at risk for or with heart disease and diabetes. Ask your provider if daily aspirin is right for you.

6. Don't smoke.

If you do smoke, talk to your health care provider about how to quit.

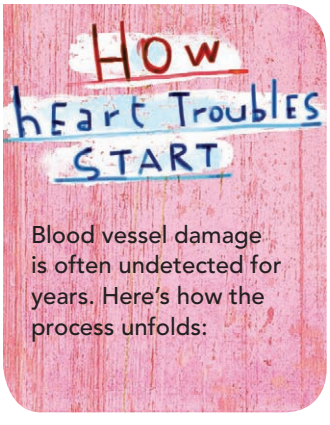
7. Get the health tests you need.

Your provider can refer to the ADA Standards of Medical Care, which outline research-based guidelines for detecting any problems and managing the ABCs. The goal is to spot problems early and initiate treatment quickly.

Contributing editor Hope Warshaw, R.D., CDE, is the author of several American Diabetes Association books, including Real-Life Guide to Diabetes (2009).

"The weeks I'm not hitting my glucose targets, I'm not being active." Sara aims to walk five times weekly.

Sara Brodsky Sieman, PWD type 1, 57, Massachusetts. Elevated cholesterol; family history of stroke, type 2 diabetes. Uses an insulin pump; takes a statin. Passed a recent stress test.



Blood vessel damage is often undetected for years. Here's how the process unfolds:

Excess weight = increased fat mass

Fat mass produces harmful substances = inflammation

Inflammation = damaged blood vessels, higher blood pressure, abnormal cholesterol, and insulin resistance (that elevates blood glucose)

Inflammation and insulin resistance feed each other, grow worse; over time, heart disease and/or type 2 diabetes develops

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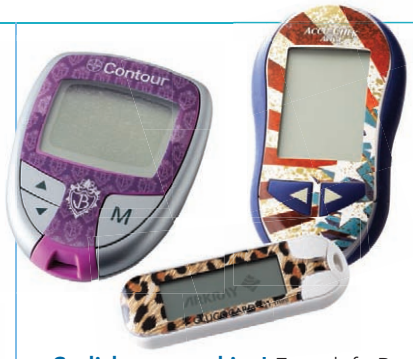
free for all

Living with diabetes can be a budget buster. Fortunately, these giveaways won't cost you a penny.

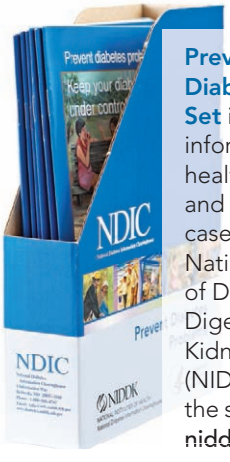
BY **Caitlin Thornton**

The 7 Habits of Highly Effective People with Diabetes is available in a motivational CD, booklet, or planner from Stephen Covey and Bayer HealthCare; **simplewins.com**

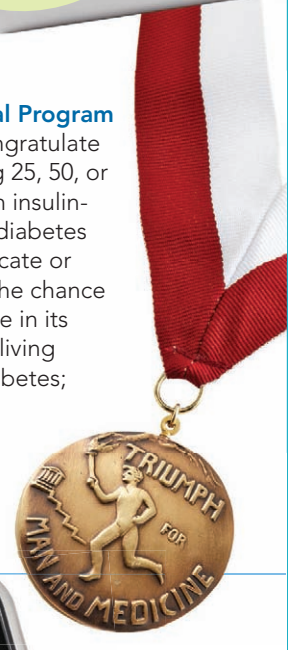


Stylish meter skins! From left, Bayer Contour has skins designed by Nick Jonas at **simplewins.com;** Arkray Glucocard 01-Mini has dozens of skins to update your meter at **glucocardusa.com;** Accu-Check Aviva has "Born in the USA" skins at **accu-chek.com**

My Food Advisor has nutritional information on more than 5,000 types of foods so you don't have to guesstimate carbs; **diabetes.org**



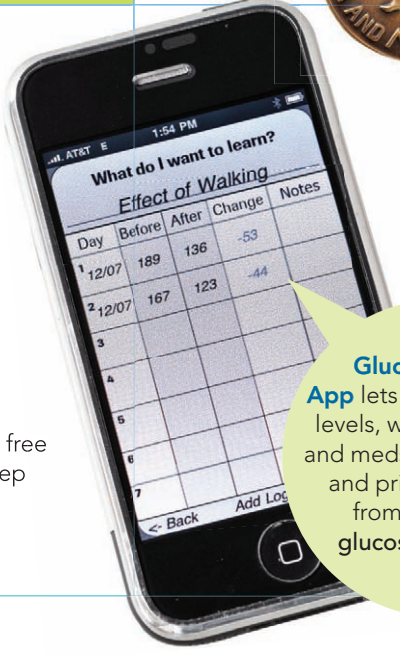
Prevent Problems Diabetes Library Set includes seven informational health booklets and a display case from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). Order the set online; **niddk.nih.gov**



Joslin Medal Program wants to congratulate you on living 25, 50, or 75 years with insulin-dependent diabetes with a certificate or medal and the chance to participate in its research on living well with diabetes; **joslin.org**

Sansum Diabetes Research Institute Bracelets can be yours if you sign up for SDRI's quarterly print newsletter; **sansum.org**

FitMusic offers free fitness tunes to keep your workouts fresh and lively; **fitmusic.com**



Glucose iPhone App lets you log glucose levels, workouts, meals, and meds on your iPhone and print the records from a Web site; **glucosebuddy.com**

photos: SCOTT LITTLE

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*Artist depiction of diabetic nerve pain symptoms

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Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-9-LYRICA (1-888-959-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS

LYRICA® PREGABALIN © capsules

(**LEER**-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:
- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.
Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:
- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.
This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.
Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:
- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:
- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:
- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.
LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:
- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:
- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:
- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:
- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:
- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

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take it OUT-SIDE

BY **Irene Lewis-McCormick, M.S., CSCS**

PHOTOS BY **Scott Little**

Pick up a rake, lift a plant pot, and pull some weeds to build stamina and strength while accomplishing the gardening tasks you enjoy.

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Gardener's stretches

Before you begin your outdoor projects, walk around your garden to warm up your muscles. A warm-up helps prevent injury by lubricating the muscles and joints.

As a gardening enthusiast, you may have spent hours creating a healthier, more beautiful garden. But have you ever thought about how gardening can produce a healthier you? Gardening incorporates elements of fitness.

Research shows that gardening for 30–45 minutes most days of the week has significant health benefits, such as decreasing the risk of high blood pressure and contributing to healthier bones, muscles, and joints. Gardening activities such as digging, weeding, trimming shrubs, and mowing the lawn can expend the same amount of energy as walking, cycling, swimming, and aerobics.

Try to stick to a regular garden exercise routine rather than saving up your outdoor work for one marathon session. Aim for at least 30–60 minutes of gardening two or three times each week.

Plan to prepare your muscles for gardening just as you would for any form of exercise. If you jump right in, you might end up with sore muscles or an injury. After walking around for a warm-up, perform a few of these stretches. **Stretching how-to:** Do not bounce or perform the movements quickly. Move in a slow, controlled manner until you feel slight resistance. Then hold the position for a minimum of 30 seconds.

Lateral spine stretch
With feet hip width apart, reach one hand up toward the sky and the opposite hand down toward the knee. Switch sides and repeat 3–5 times on each side.

Trunk rotation
Start with feet hip width apart. Hold arms close to your sides, elbows flexed with hands up, and rotate right and left from your waist. Look over your shoulder as you turn your torso. Perform 3–5 times on each side.

Standing chest stretch
With feet hip width apart, clasp hands behind your back, raise your hands slightly away from your back, and open your chest. Inhale as you open your chest, exhale as you release your hands.

Continued on page 46 »

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Continued from page 44

Strength boosters

Common garden tools and structures can help you create a mini gym in your yard.

LIFTING TIP: Make use of your upper back to lift these large, heavy bags. Squat to grasp the bags and lift with your thighs and torso.

Soil bag bicep lifts

1. Use the weight of soil bags to build arm and back strength. Stand with feet hip width apart. Grasp a bag of soil in each hand, palms facing forward. Lift from the bicep muscles, keeping your spine upright and shoulders unhunched.

2. Slowly lower the bags to a count of 1, 2. Perform 2 sets of 10 repetitions.

Fence push-ups

1. Strengthen your chest and triceps with standing push-ups. Stand a little more than arm length from a sturdy fence or wall with your hands on the fence about shoulder width apart.

2. Bend your elbows and lower your torso. Then extend your arms, pushing up and away. Keep your body straight from head to heels. Perform 2 sets of 10 repetitions.

Flowerpot shoulder raises

1. To increase your shoulder strength, stand with feet hip width apart while holding a clay flowerpot in front of your body about waist height.

2. Keeping your elbows slightly bent, lift the pot straight in front of you. Raise your arms to shoulder height and then lower. Do 2–3 sets of 8–10 repetitions.

If you want to increase the resistance, place a small amount of soil or gravel in the pot before lifting it.

Continued on page 48

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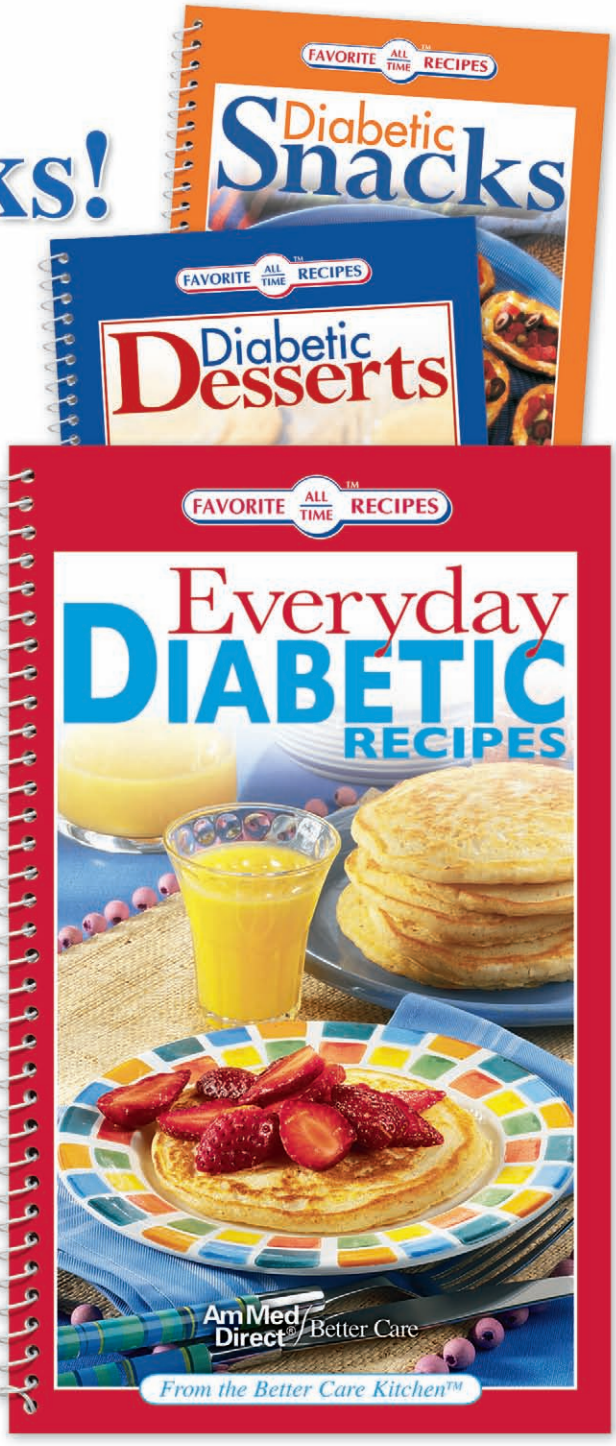

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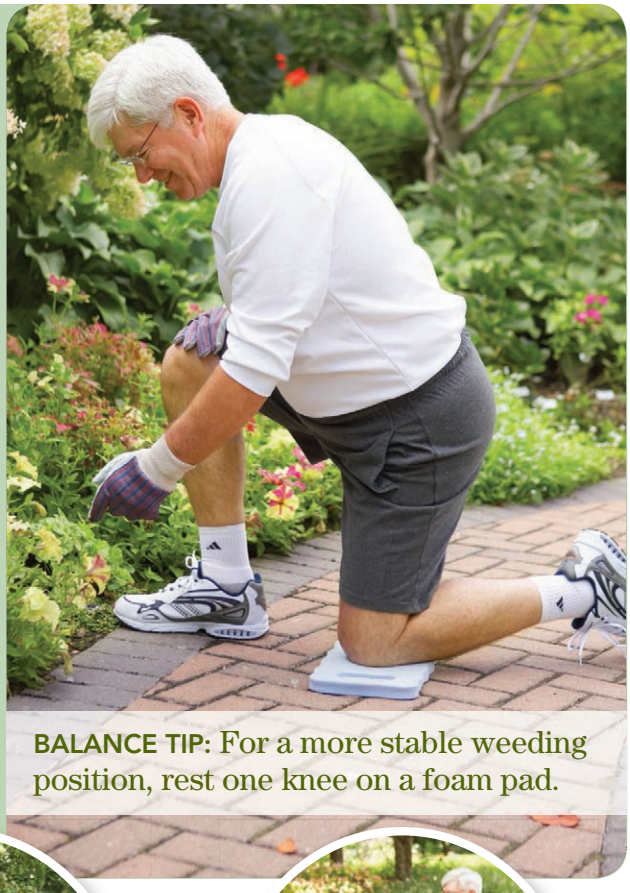
Continued from page 46

Other outdoor moves

Here's how to use basic gardening activities to improve your fitness—without pain and strain.

Weeding squats

Avoid a sore back by practicing smart squats when you weed. Stand with feet hip width apart. Lower your body by flexing your knees. Don't hunch; keep your back as straight as possible. Reposition your feet to move along as you weed so you don't reach too far. If your knees bother you, stand up to move rather than moving in the flexed-knee position.



BALANCE TIP: For a more stable weeding position, rest one knee on a foam pad.

Reel-mower aerobics

Got a reel mower? Then you can increase your aerobic capacity while you trim the grass! Keep your spine straight and avoid hunching your shoulders. Use your torso muscles to help push. Use your reel mower for 20–30 minutes at a time to effectively increase your cardiovascular fitness.

Raking technique

When using long-handle tools such as a rake or shovel, stand straight and keep your knees relaxed. If you need to twist or pivot, step into the twist to ease tension on the back. When you rotate properly, these movements strengthen your core muscles.

Wheelbarrow lifting

When lifting a wheelbarrow to push it, bend from the knees, not the waist, and keep your back straight. Use your thigh muscles to do the lifting. Take a wide stance to balance yourself. To avoid back strain, keep the wheelbarrow close to you as you lift it.

Irene Lewis-McCormick is a faculty member of the American Council on Exercise and a member of the Diabetic Living *editorial advisory board.*

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People with diabetes *can* lose weight permanently!

People with diabetes typically have higher than average insulin and blood sugar levels. This is one of the main reasons why it is especially difficult for them to lose weight. New scientific studies lend hope: With the help of a special meal replacement, people with diabetes are able to lose weight and improve their blood levels significantly.

Almased customer Carlton Williams from St. Petersburg, FL shares his experience:

"I am 72 years old and I've had diabetes for six years. I started using Almased two years ago. At the time, my glucose level was 265. My cholesterol and triglycerides were both high. I turned to Almased. Two years later I've lost more than 42 pounds, my cholesterol and triglycerides are in normal range and my fasting sugar is now in normal range as well. My doctor said: Congratulations, I'm taking you off your diabetes medication!

Depending on how I feel, I use Almased once a day or sometimes up to three times a day. A shake of Almased fills me up, so I feel just right to move around and have energy for the day. I try to walk on the treadmill every day to stay active. This product really works and I would recommend it to anyone."

"I would recommend Almased to others! I'm a firm believer in this product. I know it works!"

Almased is a powder made from high-quality soy, probiotic yogurt and natural liquid honey. Honey enzymes, protein, micro-phytochemicals from soy and yogurt cultures are the main ingredients that make Almased so effective. Almased activates the metabolism and increases fat loss while retaining muscle mass. It mixes easily with water, skim milk or soy milk. Use it to replace all three meals each day to start and then gradually reduce to replacing two meals and then one meal later on.

Weight loss starts in your head

It has been proven that a diet with Almased leads to higher weight loss, especially in the abdominal area, than a typical diet. As a result, the insulin level decreases, which improves the fat burning process. At the same time, the feeling of satiety, which is regulated by hormones, improves as well.

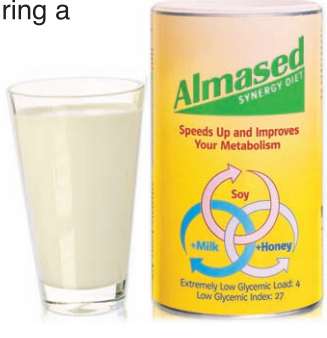
Scientific studies have shown that people with diabetes can significantly reduce their insulin level as well as the equally important leptin level by taking 50 grams of Almased in addition to their regular meal plan.

Insulin and fat storage, where is the correlation?

Insulin is a "storage hormone" and regulates the metabolism of carbohydrates and fat. A high insulin level creates increased fat storage in the fat cells and simultaneously slows down the breakdown of fat. Since Almased has a very low glycemix index (27), the insulin level decreases significantly during a diet with Almased. This leads to an improved fat burning process as well as improved blood levels.

The basal metabolic rate needs to be right!

The basal metabolic rate is the amount of calories that the body uses while at rest. During a hunger phase the body switches into starvation mode. It uses the calories it gets as slowly and thoroughly as possible, thus reducing the basal metabolic rate. Only then does the body tab into fat reserves. It gets the energy it needs from muscle protein first before it attacks the fat storage. After each diet, the body gets used to the lower basal metabolic rate instead of switching back to a "normal mode of operation". At the same time, the thyroid function gets out of balance. **The result is the notorious yo-yo effect. This does not happen on a diet with Almased.**



Almased - the best nature has to offer

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Scientific studies prove that taking only 50 grams of Almased daily lowers the insulin level – an important prerequisite for a successful diet.

Almased for people with diabetes – this is how it works:

Make your Almased shake using 8 level tablespoons (= one carb unit) of Almased in water. Check your blood sugar level two hours after drinking the shake. It should ideally be between 120 and 140mg/dl.

More than a weight loss product: What else Almased can do for you

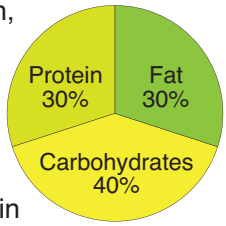
Almased boosts your immune system and energy level, supports restful sleep and improves overall well-being. It is also an ideal supplement for athletes, vegetarians and the elderly because of its high-quality protein.

Eat more protein!

Pharmacist Rudolf Keil talks about the latest discoveries in diabetes research

The Cochrane Collaboration is an independent, international network of researchers, doctors and health experts. Their goal is to evaluate medical therapies from a scientific standpoint and keep them up-to-date. The organization has 22,000 members worldwide (www.cochrane.org).

A recently published study by Cochrane concludes that a diet with a low glycemic index (the glycemic index indicates the effect of a food item on the blood sugar level) is superior to other diets. Additionally, the renowned Joslin Diabetes Center has given a clear recommendation for the most effective diet for people with diabetes, based on the latest scientific findings.



According to the Joslin recommendation, a diet for people with diabetes should consist of 40% carbohydrates, 30% fat and 30% protein. The experts there also point out that an effective diet for people with diabetes needs to contain significantly more protein than what used to be assumed. In order to implement the recommendations by Cochrane and Joslin, include Almased in every diet.

Find more information here

Lose weight without feeling hungry with the Almased Figure Plan: The 14-Day-Program, your guidelines for a slimmer body with nutritional advice and recipes. Losing 10 pounds in 14 days *is* possible with this plan for the dream figure you have always wanted. Call us toll-free at **1-877-ALMASED** (1-877-256-2733) or visit **www.almased.com** for more information, to place an order and to receive your FREE copy of the Almased Figure Plan. You can also find us in health food stores. Check your local health food store for availability or use our extensive online store locator.

Also, download the comprehensive Almased Weight Loss Program at **www.bikini-plan.com**.
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spot your spikes

Skipping the garlic bread or indulging in dessert may make a difference in your blood sugar. Find out by using your meter before and after a meal.

BY **Marie McCarren**
PHOTOS BY **Scott Little**

If your A1C is off target, checks before and after meals can help reveal highs.

Are you curious how different meals affect your blood glucose? Are your fasting glucose levels within your goal range, but your last A1C was not? Do you want to see for yourself whether all the advice you've heard about counting carbs really works?

Consider checking your blood glucose level after a meal. Postprandial monitoring—the official name for this practice—does require at least two blood glucose strips, but it provides a wealth of information for you and your health care provider.

"It is the most tangible way that people can see that their own actions are making a difference," says William Polonsky, Ph.D., CDE, founder of the Behavioral Diabetes Institute in San Diego. "When you use blood glucose monitoring in a smart way, it can help you to feel more motivated and excited about your diabetes."

Double take

To isolate the effects of foods, you'll want to do paired monitoring: Check your blood glucose level before a meal and then 1–2 hours after (see the steps in "Before & After Glucose Check," page 54). If you check only after the meal and the result is above your goal, you won't know whether it's from the meal or from a high glucose level going into the meal.

Sally Brozek, R.D., L.D., CDE, outpatient coordinator for the Diabetes Resource Center at Piedmont Hospital in Atlanta, recommends after-meal checks for many of her type 2 diabetes clients. "It gives a good reflection of how your body handled the carbohydrate in that meal," she says. "It's very good, immediate feedback."

If you take insulin or other blood glucose-lowering medication, paired testing can help you and your doctor determine whether the type of medication and dose are adequate.

Talk to your doctor if your fasting and premeal glucose levels are usually above your goals. You'll want to get them under control before you focus on after-meal glucose levels.

An experiment

Brozek recommends eating the same meal during your before-and-after experiment so you're comparing apples to apples, so to speak. For

Continued on page 54 »

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Continued from page 52

example, she points to a high-carbohydrate breakfast: a big stack of pancakes, regular syrup, and 8 ounces of orange juice (see "Sample Experiment," opposite). The person with diabetes (PWD) checks before and after the meal and sees a jump of nearly 100 mg/dl. That's above Piedmont Hospital's goal of a 40–50 mg/dl rise (some increase is expected after a PWD eats).

The next day, the PWD eats the same foods in the same portion sizes and checks at the same times. Again there's an increase of about 100 points. With similar results twice, you can be fairly sure it's the meal and not, say, an error in testing.

The third day, the PWD makes a change. With this sample meal, there are several places to trim some carbohydrate. Brozek suggests a smaller stack of pancakes, light or sugar-free syrup, and an orange instead of juice.

With the food changes at breakfast, the increase between paired checks may be only 40–50 mg/dl. The PWD can tally the amount of carbohydrate in the meal to help determine a sensible carb count. Different food combinations can be developed to fit that carb budget yet allow variety.

Blood glucose goals

	Before meal/ fasting	After meal
American Diabetes Association	70–130 mg/dl	Less than 180 mg/dl 1–2 hours after the start of the meal
American Association of Clinical Endocrinologists	Less than 110 mg/dl	Less than 140 mg/dl 2 hours after the meal
General guideline		40–50 mg/dl higher than before-meal level

Major diabetes organizations differ slightly on recommendations for blood glucose goals. Discuss your personal goals with your health care provider.

Before & after glucose check

To see how a meal affects your blood glucose, set up a simple experiment.

1

Wash and dry your hands, then check your blood glucose before your meal.

2

If you take blood glucose-lowering medication with meals, take your dose as usual.

3

As you take your first bite of the meal, set a timer for 2 hours.

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Response to highs

You may find your blood glucose level after a meal is higher than your target. If you use rapid-acting insulin at meals, talk to your doctor about how to figure a correction dose for a significant high—and work on carb counting and dosing.

Otherwise, physical activity may help you lower the number. Pat Vasconcellos, R.D., CDE, a dietitian in Mashpee, Massachusetts, strongly recommends physical activity after a meal as an additional way to blunt the postmeal blood glucose rise. "Exercise naturally lowers your blood sugars," Vasconcellos says. "You don't have to go jogging. You can walk around the house." Do, however, talk to your doctor if your after-meal numbers are consistently off target.

Sample experiment

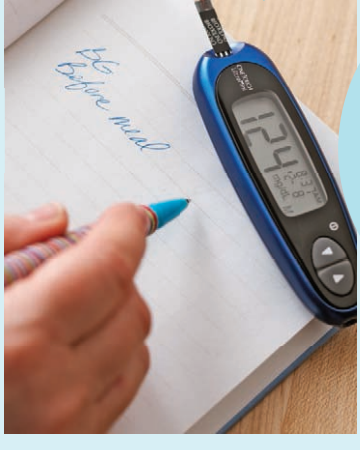
	Blood glucose before breakfast	Blood glucose 2 hours after first bite	Difference in points	What I did
Day 1	115 mg/dl	213 mg/dl	+98	Ate 4 pancakes, 2 tablespoons syrup, 1 cup orange juice (104 g carb)
Day 2	108 mg/dl	211 mg/dl	+103	Ate 4 pancakes, 2 tablespoons syrup, 1 cup orange juice (104 g carb)
Day 3	125 mg/dl	174 mg/dl	+49	Ate 2 pancakes, 2 tablespoons light syrup, 1 small orange (55 g carb.); walked for 15 minutes

This sample shows how to record your results so you can see how your choices and actions may affect your blood glucose levels. This is helpful information to share with your health care provider.

4

Check blood glucose again 2 hours after the first bite.

5



Record the date, times of checks, blood glucose results, foods, and portions.

Repeat the experiment on another day to check for trends. If results are off target, talk to your provider about meal, exercise, and medication options.

Marie McCarren is the author of *ADA Guide to Insulin & Type 2 Diabetes* (American Diabetes Association, 2007).

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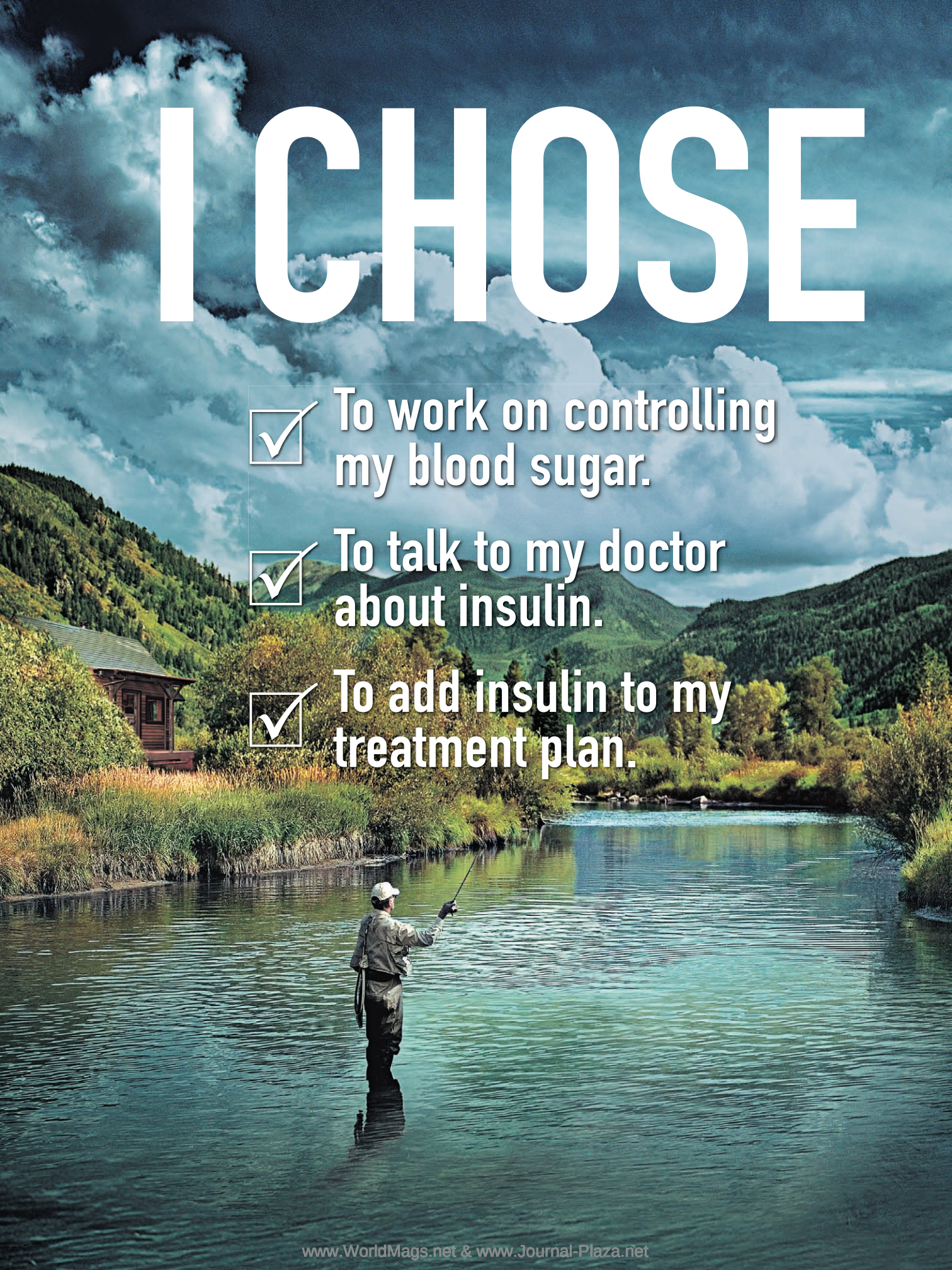

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If you have type 2 diabetes, and pills alone aren't controlling your blood sugar anymore, this could be the right time to consider adding insulin. Insulin is an effective way to lower blood sugar. Controlling blood sugar is important because, over time, high blood sugar can lead to serious complications.

Today, insulin comes in an easy-to-use pen. Insulin should be used as part of an overall diabetes treatment plan, which includes diet, exercise, and other diabetes medications. Make the choice to talk to your doctor about whether insulin is right for you.

Important Safety Information for Lantus® (insulin glargine [rDNA origin] injection)

Do not take Lantus® if you are allergic to insulin or any of the inactive ingredients in Lantus®.

You must test your blood sugar levels while using insulin, such as Lantus®. Do not make any changes to your dose or type of insulin without talking to your healthcare provider. Any change of insulin should be made cautiously and only under medical supervision.

Do NOT dilute or mix Lantus® with any other insulin or solution. It will not work as intended and you may lose blood sugar control, which could be serious. Lantus® must only be used if the solution is clear and colorless with no particles visible. **Do not share needles, insulin pens or syringes with others.**

The most common side effect of insulin, including Lantus®, is low blood sugar (hypoglycemia), which may be serious. Other possible side effects may include injection site reactions, including changes in fat tissue at the injection site, and allergic reactions, including itching and rash. In rare cases, some allergic reactions may be life threatening.

Tell your doctor about other medicines and supplements you are taking because they can change the way insulin works. Before starting Lantus®, tell your doctor about all your medical conditions including if you have liver or kidney problems, are pregnant or planning to become pregnant, or are breast-feeding or planning to breast-feed.

Indications and Usage

Prescription Lantus® is a long-acting insulin used to treat adults with type 2 diabetes and adults and children (6 years and older) with type 1 diabetes for the control of high blood sugar. It should be taken once a day at the same time each day to lower blood glucose.

Do not use Lantus® to treat diabetic ketoacidosis.

Lantus® SoloSTAR® is a disposable prefilled insulin pen.

Please see additional important information on the next page.

WhyInsulin.com
1-877-665-9334

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

From the maker of Lantus® SoloSTAR®

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BRIEF SUMMARY OF PRESCRIBING INFORMATION

HIGHLIGHTS OF PRESCRIBING INFORMATION

These highlights do not include all the information needed to use LANTUS safely and effectively. See full prescribing information for LANTUS.

LANTUS® (insulin glargine [rDNA origin] injection) solution for subcutaneous injection

Initial U.S. Approval: 2000

INDICATIONS AND USAGE

LANTUS is a long- acting human insulin analog indicated to improve glycemic control in adults and children with type 1 diabetes mellitus and in adults with type 2 diabetes mellitus. (1)

Important Limitations of Use:

- Not recommended for treating diabetic ketoacidosis. Use intravenous, short-acting insulin instead.

DOSAGE AND ADMINISTRATION

- The starting dose should be individualized based on the type of diabetes and whether the patient is insulin-naïve (2.1, 2.2, 2.3)
- Administer subcutaneously once daily at any time of day, but at the same time every day. (2.1)
- Rotate injection sites within an injection area (abdomen, thigh, or deltoid) to reduce the risk of lipodystrophy. (2.1)
- Converting from other insulin therapies may require adjustment of timing and dose of LANTUS. Closely monitor glucoses especially upon converting to LANTUS and during the initial weeks thereafter. (2.3)

DOSAGE FORMS AND STRENGTHS

Solution for injection 100 units/mL (U-100) in

- 10 mL vials
- 3 mL cartridge system for use in OptiClik (Insulin Delivery Device)
- 3 mL SoloStar disposable insulin device (3)

CONTRAINDICATIONS

Do not use in patients with hypersensitivity to LANTUS or one of its excipients (4)

WARNINGS AND PRECAUTIONS

- Dose adjustment and monitoring: Monitor blood glucose in all patients treated with insulin. Insulin regimens should be modified cautiously and only under medical supervision (5.1)
- Administration: Do not dilute or mix with any other insulin or solution. Do not administer subcutaneously via an insulin pump or intravenously because severe hypoglycemia can occur (5.2)
- Do not share reusable or disposable insulin devices or needles between patients (5.2)
- Hypoglycemia: Most common adverse reaction of insulin therapy and may be life-threatening (5.3, 6.1)
- Allergic reactions: Severe, life-threatening, generalized allergy, including anaphylaxis, can occur (5.4, 6.1)
- Renal or hepatic impairment: May require a reduction in the LANTUS dose (5.5, 5.6)

ADVERSE REACTIONS

Adverse reactions commonly associated with Lantus are:

- Hypoglycemia, allergic reactions, injection site reaction, lipodystrophy, pruritus, and rash. (6.1)

To report SUSPECTED ADVERSE REACTIONS, contact sanofi-aventis at 1-800-633-1610 or FDA at 1-800-FDA-1088 or *www.fda.gov/medwatch.*

DRUG INTERACTIONS

- Certain drugs may affect glucose metabolism, requiring insulin dose adjustment and close monitoring of blood glucose. (7)
- The signs of hypoglycemia may be reduced or absent in patients taking anti-adrenergic drugs (e.g., beta-blockers, clonidine, guanethidine, and reserpine). (7)

USE IN SPECIFIC POPULATIONS

- Pregnancy category C: Use during pregnancy only if the potential benefit justifies the potential risk to the fetus (8.1)
- Pediatric: Has not been studied in children with type 2 diabetes. Has not been studied in children with type 1 diabetes <6 years of age (8.4)

See Prescribing Information for PATIENT COUNSELING INFORMATION and FDA-approved patient labeling

Revised: 09/2009

GLA-BCPH-AS-SEP09 Rx Only

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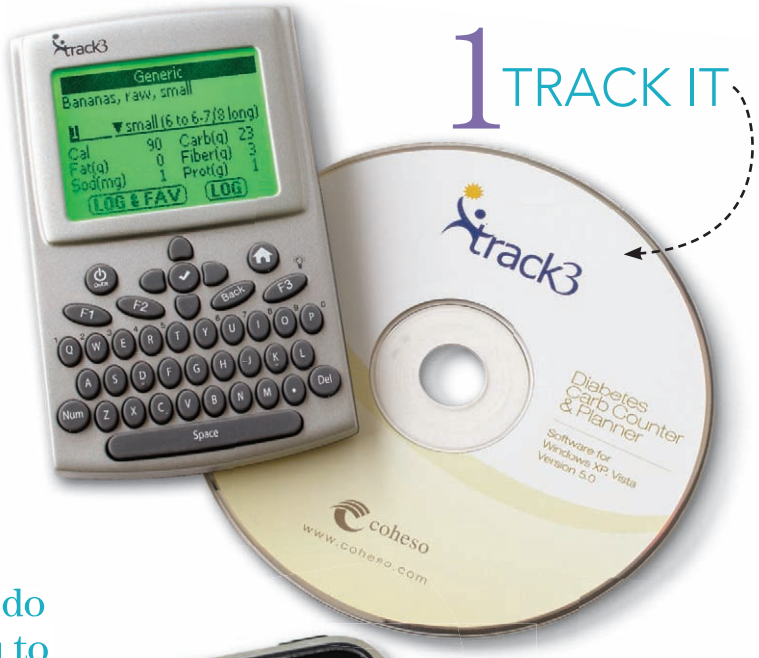
3 carb-counting helpers

Let these pocket-size gadgets do the number crunching for you to track your carb intake and see counts for your favorite foods.

1. Coheso Track3 Diabetes Carb Counter & Planner helps you look up nutrition information for more than 50,000 foods, then calculates the calories, carbs, and other nutrients and tracks your intake. Also use it to log blood glucose readings, insulin, and other medications, as well as exercise. The device stores your records for 12 months and comes with equipment to download data to your computer and create reports and charts. $79.99; **coheso.com**

2. Diabetes Pilot for the iPhone (and iPod Touch) is a downloadable application that tracks your calories, carbs, and other nutrients based on an integrated food database with about 7,000 foods. It also tracks blood glucose results, insulin and other medications, exercise, blood pressure, and more—plus it analyzes your data. Use the software in combination with a desktop-computer version to print reports and graphs. $11.99 (device sold separately); **diabetespilot.com**

3. Robi Nutrition Assistant is a digital diary that counts calories, carbs, fiber, protein, and fat, then compares your daily intake to goals you set, calculates daily averages, and stores records for 31 days. Choose from a database of 853 foods, or enter nutrition information for up to 100 of your own foods. $19.95; **nutritionassistant.com**



photos: SCOTT LITTLE

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cold case

Protect your injectible medications from the sizzling sun and high temperatures with one of these cool carriers.

BY **Caitlin Thornton**
PHOTOS BY **Scott Little**

Vacations are your time to relax. Take these steps recommended by travelers with diabetes before you get away to ensure a stress-free trip:

Make a list. Sharlyn Premuda, PWD type 1, keeps a master list on her computer and prints a copy before every trip. "I check off my insulin, syringes, glucose tablets, etc., as I pack them," she says.

Get the right paperwork. "Bring a letter from your health care provider stating that you need to carry your supplies on the plane, and have copies of your prescriptions to show to the airline staff," Patti McMann, PWD type 2, says.

Research your destination. Amanda DiMatteo, PWD type 1, recommends finding out where the local pharmacy, hospital, and grocery store are in the area. "Make sure there's at least one mini fridge in your hotel, house, or bungalow to keep medicines and food," she says.

1

1. Smart Storage The Clutch ($32) has a pocket for an ice pack (sold separately) and clever compartments for all of your medical supplies. Available in black, sand, and dark khaki. aDorn; 415/902-1876; *adorndesigns.com*

2. Stay Organized Medicool's Pen Plus Case ($20) can slip in your purse or bag or onto your belt and has three zipped pockets to stow pens, vials, and a gel ice pack (included). Medicool, Inc.; 800/433-2469; *medicool.com*

3. It Takes Two Keep insulin vials cold for up to 16 hours with this Insulin Protector ($30). Medicool, Inc.; 800/433-2469; *medicool.com*

4. Cute and Quilted Don't let its petite appearance fool you—the Sarah Spunda case ($35) expands so you have plenty of room for your insulin, meter, lancet, and even a snack. Comes equipped with an insulated pocket for a small ice pack. Dittibags; 800/511-0119; *dittibags.com*

5. No Ice Needed Simply submerge the reusable Frio Wallet ($20) in water for 15–20 minutes to transform the wallet's crystals into an insulating gel that stays cool for hours. Available in red, forest green, black, and burgundy. Insulin Case Shop; 877/829-2084; *insulincase.com*

10

9

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Two blue plastic coolers are included, so a chilled back-up can be ready to go.

6. Track the Temp The electronic thermometer on the InsulPak ($40) takes the guesswork out of making sure your insulin is at a safe temperature. A hand strap and a shoulder strap are included. InsulPak; 800/221-4456 *insulpakbag.com*

7. Compact Cooler Slim, rigid ice packs keep the Fridge-to-Go Travel Wallet ($15) trim for slipping in your bag. Just pop the whole thing into your refrigerator to cool. There's a back compartment for your meter and strips, too. Insulin Case Shop; 877/829-2084; *insulincase.com*

8. Statement Bag Sport some style while stowing your medicine with the Cooler Couture Handbag ($80). The insulated bag with flexible ice pack also has room for food and drinks. Available in red, cocoa, kiwi, black, and canvas. Cooler Couture; 877/266-5998; *coolercouture.com*

9. Road Trip Must-Have The MediCooler mini fridge ($70) keeps your medicine and pens safe while traveling. Medicool, Inc.; 800/433-2469; *medicool.com*

10. Cold as Ice Wrap the flexible ice pack around the plastic med container in the Polar Bear Med Cooler ($45) and you're good to go for 24 hours. A freeze indicator is included to make sure your meds don't get too cold. Polar Bear Coolers; 770/619-9763; *polarbearcoolers.com*

Just soak the wallet insert in water to activate the cooling gel.

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grocery store survival guide

Start at the store's perimeter (where you'll typically find diabetes-friendly foods) and follow these simple tips.

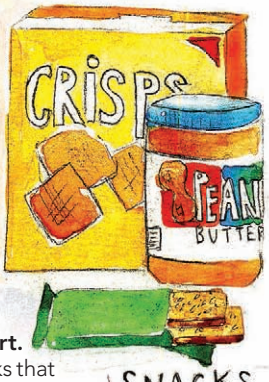
BY **Martha Miller Johnson**
ILLUSTRATIONS BY **Jodi Mensing**

READY, SET, GO: Plan some meals for this week, make a shopping list, and head to your friendly neighborhood market.

1. **Fill up on produce.** Fruits and veggies are fiber-rich, healthful carb sources. Worried about waste? Buy precut amounts from the salad bar.

2. **Go for the grain.** In the cereal, bread, and pasta aisles, look for "whole grain" at the top of ingredients lists. Opt for foods that provide 3 grams or more of dietary fiber per serving.

3. **Lean toward lean meats.** Look for beef and pork loin cuts and poultry breast meat—they contain less fat than other cuts.



4. **Snack smart.** Look for snacks that offer calorie savings and nutritional value. If you can't resist a high-calorie treat, buy it in 100-calorie packs and eat only one serving.

5. **Choose wisely.** "Sugar-free" doesn't mean carbohydrate- and calorie-free. Check the label first.

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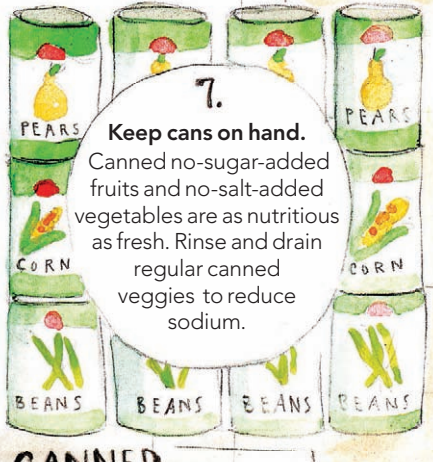
Money matters

Buying better-for-you foods need not bust your budget. "A lot of new foods are more expensive, but the nutritional value is better," says Beth Rydberg, PWD type 2. "I've stopped buying some foods, so that helps balance it out."

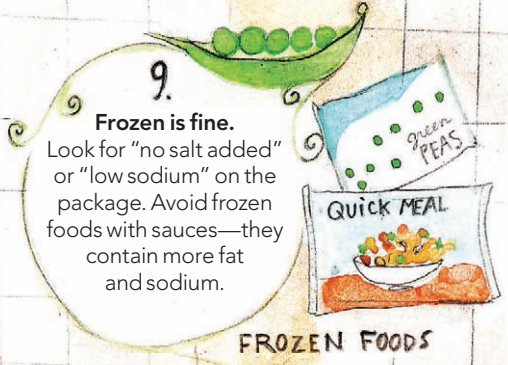
BE PREDICTABLE:
At first, it's helpful to stick to a small selection of foods. You'll learn their counts and how they affect your blood sugar levels. Then, branch out.

6. **Spice it up.** Enjoy the variety of spices and salt-free seasonings available. Spices and herbs are calorie-free ways to add flavor and bypass harmful sodium.



7. **Keep cans on hand.** Canned no-sugar-added fruits and no-salt-added vegetables are as nutritious as fresh. Rinse and drain regular canned veggies to reduce sodium.

10. **Look for low-fat dairy.** Buy fat-free milk and yogurt and reduced-fat cheese. Skip sweetened dairy foods, such as fruit-on-the-bottom yogurt, which contain added sugar.



9. **Frozen is fine.** Look for "no salt added" or "low sodium" on the package. Avoid frozen foods with sauces—they contain more fat and sodium.

8. **Catch some fish.** Many fish offer heart-healthy fats. Avoid frozen fish with breading and butter sauces. Buy canned fish packed in water.

SMALL CHANGES:
Concentrate on one section of the store each shopping trip. Read labels and make a master list of products that work for you.

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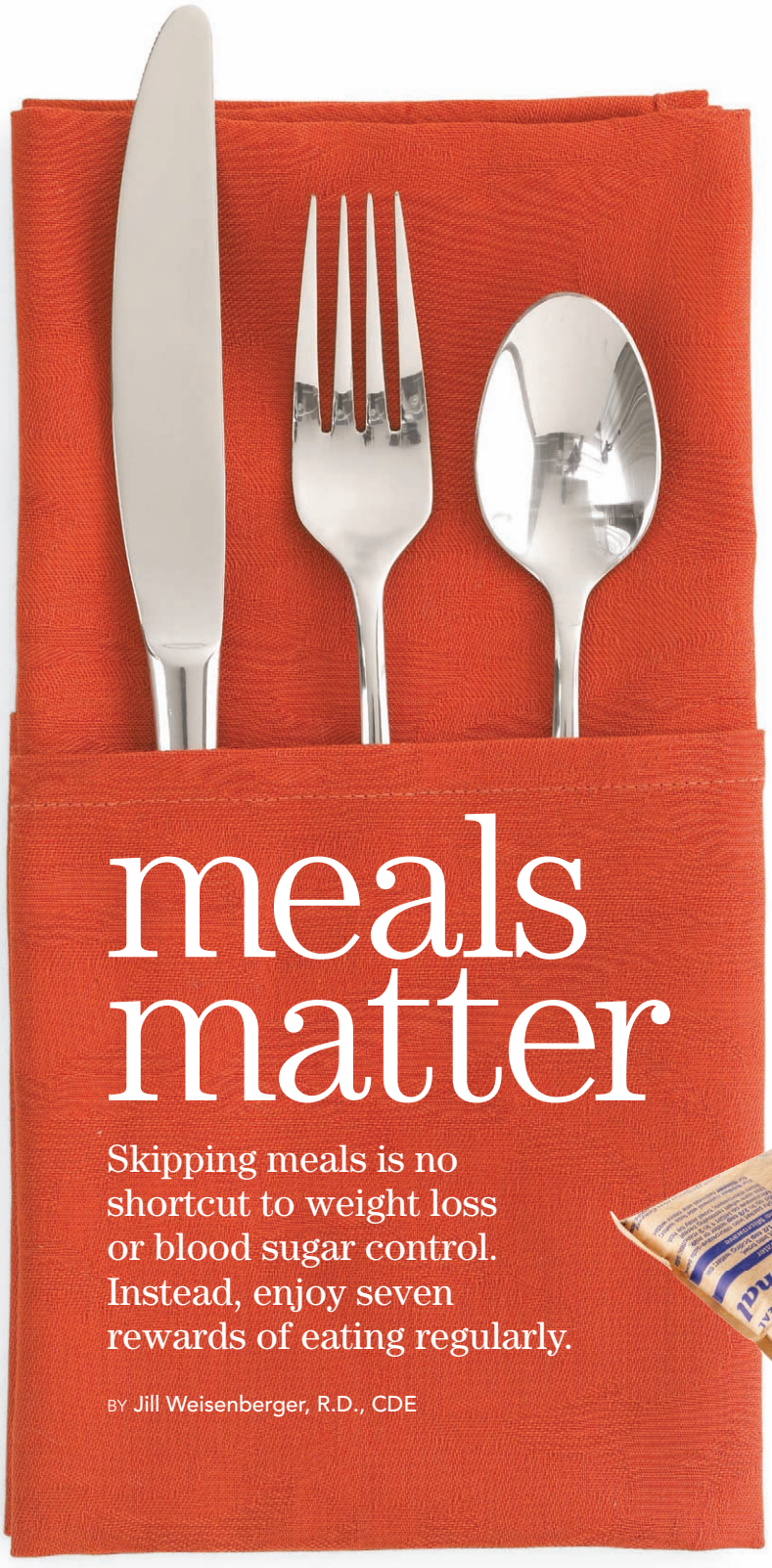

meals matter

Skipping meals is no shortcut to weight loss or blood sugar control. Instead, enjoy seven rewards of eating regularly.

BY Jill Weisenberger, R.D., CDE

1

Get better morning numbers. Until recently, if Cheryl Simpson's blood glucose meter flashed a high reading before breakfast, she might delay eating until midafternoon in an attempt to lower that number. Now Cheryl, 53, PWD type 2, of Chesapeake, Virginia, won't leave home without eating. Her blood glucose numbers have improved. "Eating breakfast makes it a whole lot easier to make good food choices later on," she says.

While we're sleeping, cells use up the glucose from our last meal, so the liver sends more glucose into the blood. For many PWDs type 2, the liver doesn't realize there is already more than enough glucose present. "Your morning (fasting) blood sugars have much more to do with your liver and hormonal functions than what you ate for dinner last night," says Kathaleen Briggs Early, Ph.D., R.D., CDE, assistant professor of biochemistry and nutrition at Pacific Northwest University of Health Sciences in Yakima, Washington. Eating a carb-containing breakfast tells the liver to stop releasing glucose. And that will help lower high fasting numbers, Early says.

Pack a grab-and-go breakfast in case you miss the meal at home.

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Plan on three meals daily, each with at least three food groups (like the protein, starch, and veggies shown).

2

Stay off the blood sugar roller coaster.

For a treat, Cheryl would make her way through the meat, vegetables, and each of the rice and noodle dishes at a Chinese buffet before topping off the meal with ice cream. She didn't think a big meal would hurt as long as she held back at other meals that day. Cheryl now understands that a big glucose spike after a big meal and the damage it causes can't be undone by skimping at another meal.

Irregular eating can have you "bouncing back and forth between normal blood sugars and high blood sugars," dietitian Early says. A meager meal can give you a meager rise in blood glucose. If you take certain types of blood glucose-lowering medications, skipping meals or eating too little can cause low blood glucose. Spreading out food, especially carb-containing foods, over three meals each day (and snacks if you want them) helps you maintain steady blood glucose levels.

Continued on page 66 »

photos: SCOTT LITTLE

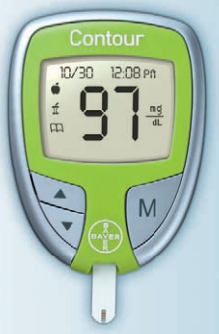
"I refuse to let diabetes keep me on the bench."

—*Alana Burns*
Power Forward, type 1 diabetes

Bayer's CONTOUR® meter personalizes easily. So I can control my diabetes; it doesn't control me.

Programmable Hi/Low Settings
I can set my own target range and see what adjustments I need to make.

Pre and Post Meal Markers
Mark and save tests taken before & after meals, helping with my insulin dosing.



NO CODING I love not having to take extra steps to make sure my meter is accurately coded.

simplewins.com

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Continued from page 65 »

Tired or thirsty? A glass of water and a bit of exercise may help you beat fatigue (with no added calories).

3

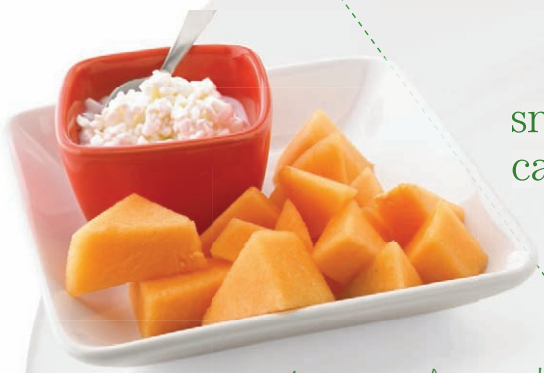
Fight fatigue and boost energy. Cheryl has a little more kick in her step these days. She didn't even realize how drained she felt every day until she started feeling better. Along with other eating changes, spreading out her foods has helped her accomplish more throughout the day. That's no surprise, says Jennifer Okemah, R.D., CDE, diabetes program coordinator at Valley General Hospital in Monroe, Washington. Eating meals spaced throughout the day provides a consistent fuel source.

For people who plan to snack, she recommends a small amount of carbohydrate to keep energy levels up and enough protein to help you feel full. "You may not notice energy surges with healthy snacking," Okemah says, "but you will certainly feel the difference—less fatigue. It's like allowing your engine to idle instead of race and die and then having to start the car again."

Energy Boosters!

Carb-Protein Snack Combos

If you choose to snack, consider these carbohydrate-protein combos.



½ cup cantaloupe and ½ cup cottage cheese

½ cup carrot sticks and 2 tablespoons hummus

1 small sliced apple and 12 almonds

1 small apple and 1 string cheese

½ cup banana slices and 1 tablespoon peanut butter

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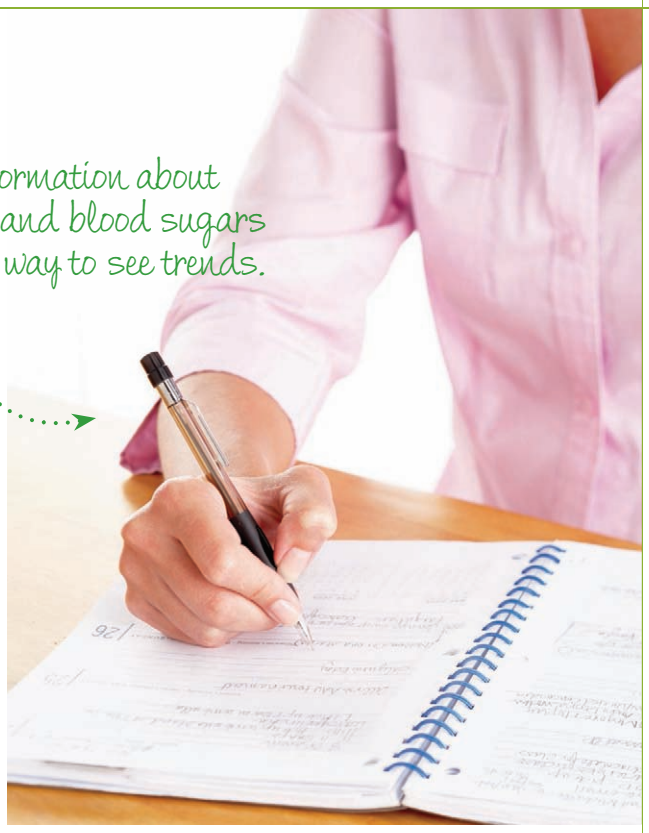


Logging information about your meals and blood sugars is a helpful way to see trends.

To learn how a meal affects your blood glucose level, use your meter before the meal and about two hours after the first bite. See how on page 52.

4

Look for patterns in blood glucose monitoring results.

It takes a bit of detective work to sort out the causes of high and low blood glucose and to determine your best eating, exercise, and medication strategies. If your blood glucose numbers are unpredictable, eating similar amounts of foods at similar times each day and keeping accurate records will help you and your health care provider identify trends and guide adjustments to your treatment plan. Eating randomly makes it hard to see trends and to control blood glucose levels.

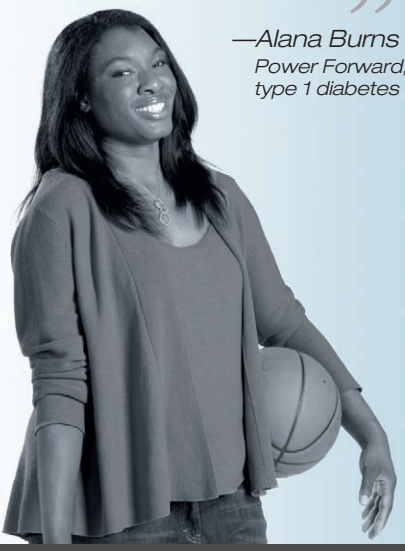
Continued on page 68 »

plate and snacks: BLAINE MOATS AND SCOTT LITTLE; journal: GREG SCHEIDEMANN

BAYER

"Knowing my A1C levels keeps me ahead of the game."

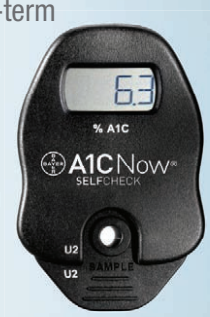
—*Alana Burns*
Power Forward, type 1 diabetes



Bayer's A1CNow® SELFCHECK
It's the first and only way for me to check my A1C at home, with results in just 5 minutes.

A More Complete Picture
Along with my daily testing routine, it helps gauge my short- and long-term treatment.

Lab Accurate
Between doctor's visits, I can get accurate A1C results.



Small Changes, Big Rewards
A 1% point reduction in A1C could reduce complications by up to 40%[1].

1 Association of glycaemia with macrovascular and microvascular complications of type 2 diabetes (UKPDS 35): prospective observational study BMJ 2000;321:405-412.

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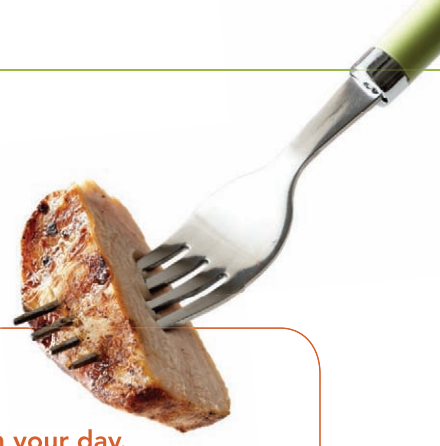

5

Meet weight control goals.
"Skipping meals is like skipping your medications," says Kathleen Stanley, R.D., L.D., diabetes program coordinator at Central Baptist Hospital in Lexington, Kentucky. It causes erratic blood glucose values, making weight control difficult, she says. Well-controlled blood glucose helps manage appetite. Furthermore, when blood glucose is high, the pancreas kicks out extra insulin (if it's still producing it) to compensate. Because one of insulin's jobs is to store fat, it's telling your body to pack on the pounds from any excess calories, not get rid of them. Skipping meals often leads to overeating later, especially at evening meals.

6

Create order in your day.
Regular meals can provide structure, a framework around which to organize your day and schedule time for exercise, fun, and relaxation, Stanley says. Both exercise and enjoyable leisure time help you manage stress, which further helps you control diabetes.

Structured meals tend to be more nutritious, too, observes Early. If you're skipping meals or just grabbing food on the go, you're probably lacking some vitamins, minerals, antioxidants, fiber, and other nutrients your body craves to fight off illnesses. Consider that most of us need at least 3½ cups of fruits and vegetables daily. That's pretty hard to swallow if you skip meals or grab as you go.

Snack only if it helps you fit in wholesome choices and avoid overeating at meals.

To snack or not to snack?

Snacking is no longer a must and might even be making your weight or blood glucose goals hard to reach. Hope Warshaw, R.D., CDE, contributing editor to *Diabetic Living* and author of *Diabetes Meal Planning Made Easy,* fourth edition (American Diabetes Association, 2010), shares these snacking tips:

Snack on healthful foods if such snacks help you squelch out-of-control eating. A piece of fruit in the afternoon might tame your hunger just enough to hold you over until dinner.

Don't snack if it leads to overeating. Even an extra 50 calories twice a day can stand between you and a tighter notch on your belt.

Snack if it helps you meet nutrition needs and fit in wholesome choices such as fruit, vegetables, whole grains, and nuts.

Don't snack just to prevent low blood sugars. Years ago, when few types of medications were available, snacks were necessary to prevent blood glucose from dropping too low between meals. That's not the case with many of today's blood glucose-lowering medications. If you regularly experience lows, talk to your provider about decreasing or changing medications.

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Medications and regular meals work hand-in-hand to help keep blood glucose levels steady.

7

Help some types of medications do their job.
Some diabetes pills and injectables "don't turn off if you decide to skip a meal," says Stanley, author of *50 Things You Need to Know About Diabetes* (American Diabetes Association, 2009).

Instead, injected insulin and some medications that stimulate insulin production continue to lower blood glucose even if levels are not elevated. Insulin-stimulating oral medications include glimepiride, glipizide, glyburide, nateglinide (Starlix), and Prandin. Such medications may increase the risk of hypoglycemia (low blood sugar). Having frequent lows also may make weight control difficult because of the need to eat or drink to quickly bring blood glucose levels back into a healthy range. It's easy to overeat, therefore, you may consume more calories than you need. Ask your provider whether your medication regime may cause lows and how to stay on target.

If you don't have your meals and medications working together, "you're wasting your money on the medication and will likely not achieve the outcomes you expected from the prescription," Stanley says.

Jill Weisenberger, R.D., CDE, likes to put the delicious into nutritious. Visit her at ***allthatsnutrition.com*** *to learn more about her work as a nutrition, culinary, and diabetes expert.*

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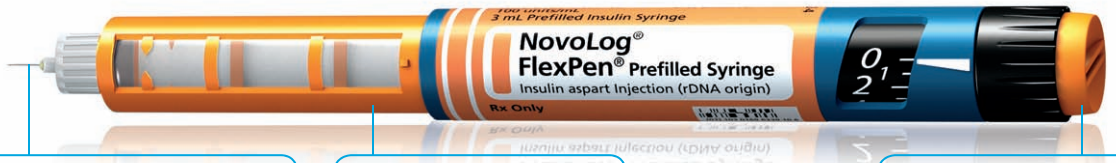

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NovoLog® is a prescription medication.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Partnership for Prescription Assistance If you need assistance with prescription drug costs, help may be available. Visit pparx.org or call 1-888-4PPA-NOW.

*NovoFine® disposable needles are sold separately and may require a prescription in some states.

Needles and NovoLog® FlexPen® must not be shared.

†Intended as a guide. Lower acquisition costs alone do not necessarily reflect a cost advantage in the outcome of the condition treated because there are other variables that affect relative costs. Formulary status is subject to change.

References: **1.** Pfützner A, Reimer T, Hohberg C, Frøkjær LPF, Jørgensen C. Prefilled insulin device with reduced injection force: patient perception and accuracy. *Curr Med Res Opin.* 2008;24(9):2545-2549. **2.** IMS Health Inc. IMS MIDAS (12 months ending September 2009). **3.** Data on file. Novo Nordisk Inc, Princeton, NJ.

novo nordisk®

NovoLog® FlexPen®
insulin aspart (rDNA origin) injection

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Advertisement

Insulin Check Up: A Prefilled Pen Keeps One Man on the Go

When some people are diagnosed with diabetes, it can feel as if they've been given an insurmountable challenge — a burden that will follow them for the rest of their lives. And then there's Rudy.

When Rudy was diagnosed with diabetes, the same disease that took his mother, he was scared, but not surprised. He knew he had to make lifestyle changes to help manage his diabetes.

He started exercising, never expecting to run a mile, let alone a marathon. Soon he discovered a passion for running and has now participated in the Chicago Marathon nine times, training for his 10th this year.

"Exercise is key in helping me manage my diabetes," said Rudy. "When I bike or run after work, I see a decrease in my sugar levels."

But exercise and diet aren't the only things that keep Rudy's diabetes in check. Insulin is an important part of his treatment regimen. He uses NovoLog® (insulin aspart [rDNA origin] injection) FlexPen® before meals and says this has made taking insulin more convenient for him.

"I have used it everywhere – at a restaurant, ball game, and movie theater. You can imagine how many people were around." But Rudy says that the pen's small, convenient design makes it easy to take insulin with him wherever he goes and no matter who he's with. "I keep it with me. Just like everyone else carries their cell phone, my FlexPen® is always there."

The FlexPen®, made by Novo Nordisk, is an alternative to a vial and syringe. It's a pre-filled insulin pen with an easy-to-use design that allows patients to accurately set their dose of insulin.

"Rudy is an excellent example of what can be accomplished when a person takes control of their diabetes," says Dr. James Snyder, a physician specializing in diabetes care at the Palm Medical Group in Las Vegas, Nevada. "Using a device like the FlexPen® helps Rudy stay on track because in addition to convenience and portability, it offers accurate dosing and is easy to use."

"After experiencing how easy and simple it was and how well the FlexPen® was working out, I recently told my doctor, 'Why didn't you put me on this five years ago?'" says Rudy. "Because of my exercise and the treatment my doctor prescribed, today I feel like I am in better control of my diabetes instead of feeling that it controls me."

Rudy is just one story of the millions of people who currently use insulin to help manage their diabetes. While some people use vials and syringes, others like Rudy are using different delivery options like FlexPen®. If you have diabetes, visit novonordiskcare.com for a money-back guarantee, and talk to your doctor about FlexPen®.

Did You Know?

See photos of Rudy Moyado and others in a photo contest sponsored by Novo Nordisk called *Where Have You Flexed?* People who use FlexPen® can submit a photo in a unique location with their pen to be entered for a chance to win an iPod Touch, exercise equipment, or even a trip to Miami to see a national racing event. Even if you don't use FlexPen®, you can find out about the device and vote on the entries. For more information on the contest, visit wherehaveyouflexed.com/info1.

Indications and Usage:
NovoLog® (insulin aspart [rDNA origin] injection) is a man-made insulin that is used to control high blood sugar in adults and children with diabetes mellitus.

Important Safety Information:

Do not take NovoLog® if your blood sugar is too low (hypoglycemia) or if you are allergic to anything in NovoLog®. If you take too much NovoLog® your blood sugar may fall too low.

NovoLog® is a fast-acting insulin. You should eat a meal within 5 to 10 minutes after using NovoLog® to avoid low blood sugar. Do not inject NovoLog® if you do not plan to eat right after using NovoLog®. Check your blood sugar levels. Ask your health care provider what your blood sugars should be and when you should check your blood sugar levels. Alcohol, including beer and wine, may affect your blood sugar when you take NovoLog®.

Do not change the type of insulin you use unless told to do so by your health care provider. The amount of insulin you take as well as the best time for you to take your insulin may need to change if you take a different type of insulin.

Do not mix NovoLog® with any other insulins when used in a pump or with any insulins other than NPH when used with injections by syringe.

Needles and NovoLog® FlexPen® must not be shared.

Tell your health care provider about all medicines you take and all of your medical conditions, including if you are pregnant or breastfeeding. Your NovoLog® dose may change if you take other medicines.

NovoLog® has not been studied in children with type 2 diabetes or in children with type 1 diabetes under the age of two.

The most common side effect of NovoLog® is low blood sugar (hypoglycemia). Other possible side effects include reactions at the injection site (like redness, swelling and itching), and allergic reactions. Get medical help right away if you experience signs of serious allergic reaction such as body rash, trouble with your breathing, fast heartbeat, or sweating. Ask your doctor or pharmacist for further information.

Please see Prescribing Information on the following page.

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NovoLog®

insulin aspart (rDNA origin) injection

Patient Information

NovoLog® (Nō-vō-log)
(insulin aspart [rDNA origin] Injection)

Important:

Know your insulin. Do not change the type of insulin you use unless told to do so by your healthcare provider. The amount of insulin you take as well as the best time for you to take your insulin may need to change if you take a different type of insulin.

Make sure you know the type and strength of insulin prescribed for you.

Read the Patient Information that comes with NovoLog® before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your healthcare provider about your diabetes or your treatment. Make sure you know how to manage your diabetes. Ask your healthcare provider if you have any questions about managing your diabetes.

What is NovoLog®?

NovoLog® is a man-made insulin that is used to control high blood sugar in adults and children with diabetes mellitus.

Who should not use NovoLog®?

Do not take NovoLog® if:

- Your blood sugar is too low (hypoglycemia).
- You are allergic to anything in NovoLog®. See the end of this leaflet for a complete list of ingredients in NovoLog®. Check with your healthcare provider if you are not sure.

Tell your healthcare provider:

- **about all of your medical conditions.** Medical conditions can affect your insulin needs and your dose of NovoLog®.
- **if you are pregnant or breastfeeding.** You and your healthcare provider should talk about the best way to manage your diabetes while you are pregnant or breastfeeding. NovoLog® has not been studied in nursing women.
- **about all medicines you take**, including prescriptions and non-prescription medicines, vitamins and herbal supplements. Your NovoLog® dose may change if you take other medicines.

Know the medicines you take. Keep a list of your medicines with you to show your healthcare providers when you get a new medicine.

How should I take NovoLog®?

Only use NovoLog® if it appears clear and colorless. There may be air bubbles. This is normal. If it looks cloudy, thickened, or colored, or if it contains solid particles do not use it and call Novo Nordisk at 1-800-727-6500.

NovoLog® comes in:

- 10 mL vials (small bottles) for use with syringe
- 3 mL PenFill® cartridges for use with the Novo Nordisk 3 mL PenFill® cartridge compatible insulin delivery devices and NovoFine® disposable needles. The cartridge delivery device can be used with a NovoPen® 3 PenMate®
- 3 mL NovoLog® FlexPen®

Read the instructions for use that come with your NovoLog® product. Talk to your healthcare provider if you have any questions. Your healthcare provider should show you how to inject NovoLog® before you start taking it.

- **Take NovoLog® exactly as prescribed.** You should eat a meal within 5 to 10 minutes after using NovoLog® to avoid low blood sugar.
- **NovoLog® is a fast-acting insulin.** The effects of NovoLog® start working 10 to 20 minutes after injection or bolus pump infusion.
- **Do not inject NovoLog® if you do not plan to eat right after your injection or bolus pump infusion.**
- The greatest blood sugar lowering effect is between 1 and 3 hours after the injection or infusion. This blood sugar lowering lasts for 3 to 5 hours.
- **While using NovoLog® you may have to change** your total dose of insulin, your dose of longer-acting insulin, or the number of injections of longer-acting insulin you use. Pump users given NovoLog® may need to change the amount of total insulin given as a basal infusion.
- **Do not mix NovoLog®:**
  - with any other insulins when used in a pump
  - with any insulins other than NPH when used with injections by syringe

If your healthcare provider recommends diluting NovoLog®, follow your healthcare provider's instructions exactly so that you know:

- How to make NovoLog® more dilute (that is, a smaller number of units of NovoLog® for a given amount of liquid) and
- How to use this more dilute form of NovoLog®. **Do not use dilute insulin in a pump.**
- **Inject NovoLog® into the skin of your stomach area, upper arms, buttocks or upper legs.** NovoLog® may affect your blood sugar levels sooner if you inject it into the skin of your stomach area. **Never inject NovoLog® into a vein or into a muscle.**
- **Change (rotate) your injection site within the chosen area (for example, stomach or upper arm) with each dose. Do not inject into the exact same spot for each injection.**
- **If you take too much NovoLog®, your blood sugar may fall low (hypoglycemia).** You can treat mild low blood sugar (hypoglycemia) by drinking or eating something sugary right away (fruit juice, sugar candies, or glucose tablets). It is important to treat low blood sugar (hypoglycemia) right away because it could get worse and you could pass out (become unconscious). If you pass out you will need help from another person or emergency medical services right away, and will need treatment with a glucagon injection or treatment at a hospital. See "What are the possible side effects of NovoLog®?" for more information on low blood sugar (hypoglycemia).
- **If you forget to take your dose of NovoLog®, your blood sugar may go too high (hyperglycemia).** If high blood sugar (hyperglycemia) is not treated it can lead to serious problems, like loss of consciousness (passing out), coma or even death. Follow your healthcare provider's instructions for treating high blood sugar. Know your symptoms of high blood sugar which may include:
  - increased thirst
  - fruity smell on the breath
  - frequent urination
  - drowsiness
  - loss of appetite
  - a hard time breathing
  - high amounts of sugar and ketones in your urine
  - nausea, vomiting (throwing up) or stomach pain
- **Check your blood sugar levels.** Ask your healthcare provider what your blood sugars should be and when you should check your blood sugar levels.

Your insulin dosage may need to change because of:

- illness
- change in diet
- stress
- other medicines you take
- change in physical activity or exercise

What should I avoid while using NovoLog®?

- **Alcohol.** Alcohol, including beer and wine, may affect your blood sugar when you take NovoLog®.
- **Driving and operating machinery.** You may have difficulty concentrating or reacting if you have low blood sugar (hypoglycemia). Be careful when you drive a car or operate machinery. Ask your healthcare provider if it is alright to drive if you often have:
  - low blood sugar
  - decreased or no warning signs of low blood sugar

What are the possible side effects of NovoLog®?

- **Low blood sugar (hypoglycemia).** Symptoms of low blood sugar may include:
  - sweating
  - blurred vision
  - trouble concentrating or confusion
  - dizziness or lightheadedness
  - hunger
  - shakiness
  - slurred speech
  - fast heart beat
  - tingling of lips and tongue
  - anxiety, irritability or mood changes
  - headache

  Severe low blood sugar can cause unconsciousness (passing out), seizures, and death. Know your symptoms of low blood sugar. Follow your healthcare provider's instructions for treating low blood sugar. Talk to your healthcare provider if low blood sugar is a problem for you.
- **Serious allergic reaction (whole body reaction). Get medical help right away, if you develop** a rash over your whole body, have trouble breathing, a fast heartbeat, or sweating.
- **Reactions at the injection site (local allergic reaction).** You may get redness, swelling, and itching at the injection site. If you keep having skin reactions or they are serious talk to your healthcare provider. You may need to stop using NovoLog® and use a different insulin. Do not inject insulin into skin that is red, swollen, or itchy.
- **Skin thickens or pits at the injection site (lipodystrophy).** Change (rotate) where you inject your insulin to help to prevent these skin changes from happening. Do not inject insulin into this type of skin.
- **Swelling of your hands and feet**
- **Vision changes**
- **Low potassium in your blood (hypokalemia)**
- **Weight gain**

These are not all of the possible side effects from NovoLog®. Ask your healthcare provider or pharmacist for more information.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store NovoLog®?

All Unopened NovoLog®:

- **Keep all unopened NovoLog® in the refrigerator between 36° to 46°F (2° to 8°C).**
- Do not freeze. Do not use NovoLog® if it has been frozen.
- Keep unopened NovoLog® in the carton to protect from light.

NovoLog® in use:

- **Vials**
  - Keep in the refrigerator or at room temperature below 86°F (30°C) for up to 28 days.
  - Keep vials away from direct heat or light.
  - Throw away an opened vial after 28 days of use, even if there is insulin left in the vial.
  - Do not draw up NovoLog® into a syringe and store for later use.
  - Unopened vials can be used until the expiration date on the NovoLog® label, if the medicine has been stored in a refrigerator.
- **PenFill® Cartridges or NovoLog® FlexPen®**
  - Keep at room temperature below 86°F (30°C) for up to 28 days.
  - Do not store a PenFill® cartridge or NovoLog® FlexPen® that you are using in the refrigerator.
  - Keep PenFill® cartridges and NovoLog® FlexPen® away from direct heat or light.
  - Throw away a used PenFill® cartridge or NovoLog® FlexPen® after 28 days, even if there is insulin left in the cartridge or syringe.
- **NovoLog® in the pump reservoir and the complete external pump infusion set**
  - The infusion set and the infusion site should be changed **at least every 3 days.** The insulin in the reservoir should be changed **at least every 6 days** even if you have not used all of the insulin. Change the infusion set and the infusion site more often than every 3 days if you have high blood sugar (hyperglycemia), the pump alarm sounds, or the insulin flow is blocked (occlusion).

General advice about NovoLog®

Medicines are sometimes prescribed for conditions that are not mentioned in the patient leaflet. Do not use NovoLog® for a condition for which it was not prescribed. Do not give NovoLog® to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about NovoLog®. If you would like more information about NovoLog® or diabetes, talk with your healthcare provider. You can ask your healthcare provider or pharmacist for information about NovoLog® that is written for healthcare professionals. Call 1-800-727-6500 or visit www.novonordisk-us.com for more information.

Helpful information for people with diabetes is published by the American Diabetes Association, 1701 N Beauregard Street, Alexandria, VA 22311 and on www.diabetes.org.

NovoLog® ingredients include:

- insulin aspart
- zinc
- glycerin
- phenol
- metacresol
- sodium chloride
- disodium hydrogen phosphate dihydrate
- water for injection

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FlexPen® is covered by US Patent Nos. 6,582,404; 6,004,297; 6,235,004, and other patents pending.
PenFill® is covered by US Patent Nos. 6,126,646; 5,693,027; DES 347894, and other patents pending.
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shaker shock

Breaking the salt habit can help keep blood pressure down and reduce risk of diabetes complications. Find out where salt is hiding, and get tasty, low-sodium alternatives to favorite foods.

BY **Marsha McCulloch, R.D., L.D.** PHOTOS BY **Scott Little**

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Salt has long had a bad-boy reputation. Even people with normal blood pressure are aware of the link between sodium—a primary component of table salt—and hypertension (high blood pressure). About two out of three adults with type 2 diabetes also have hypertension, which raises the risk of diabetes complications such as heart disease, stroke, eye disorders, and kidney problems.

How much is too much?

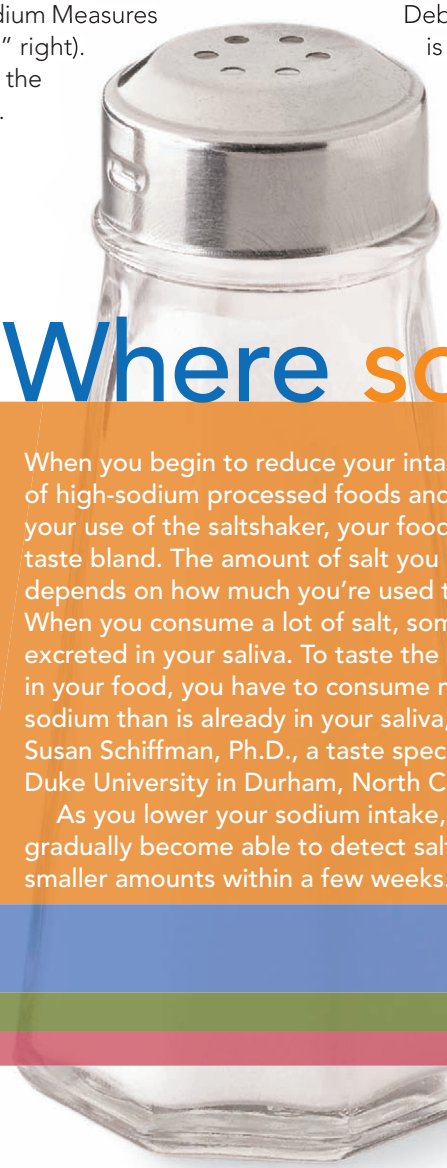
In general, healthy adults under age 50 should limit daily sodium intake to 2,300 milligrams—the equivalent of a teaspoon of salt (see "How Sodium Measures Up," right). But the U.S. government and some health groups are discussing whether a lower limit would be better. In 2009, the Centers for Disease Control and Prevention reported that 70 percent of adults would benefit from limiting their daily sodium intake to 1,500 milligrams.

Some experts, however, don't believe it's necessary or practical for most people to restrict sodium to less than 2,300 milligrams a day. And sodium isn't the only factor in hypertension. "Although many people find their blood pressure goes up with age, many people also gain weight as they get older, which contributes to hypertension," says Debra A. Krummel, Ph.D., R.D., who is leading an American Dietetic Association research committee review of sodium.

How sodium measures up

- ✔ **1,500 mg sodium** (rounded ½ teaspoon salt): Daily limit for people with hypertension, African Americans, and adults over age 50
- ✔ **2,300 mg sodium** (1 teaspoon salt): Daily limit for healthy adults younger than 50
- ✔ **4,000 mg sodium** (⅔ tablespoon salt): Average amount adults eat daily

Continued on page 76 »



Where sodium sneaks in

When you begin to reduce your intake of high-sodium processed foods and curb your use of the saltshaker, your food may taste bland. The amount of salt you prefer depends on how much you're used to. When you consume a lot of salt, some is excreted in your saliva. To taste the salt in your food, you have to consume more sodium than is already in your saliva, says Susan Schiffman, Ph.D., a taste specialist at Duke University in Durham, North Carolina.

As you lower your sodium intake, you'll gradually become able to detect salt in smaller amounts within a few weeks.

SOURCE: Centers for Disease Control

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Continued from page 74

Who should cut salt?

Even if you're young and healthy, you shouldn't overdo the salt. The more sodium you consume, the bigger the effect on your blood pressure. Everyone's blood pressure responds to sodium to some extent.

Studies suggest that reducing your sodium intake can improve more than blood pressure. Cutting back on sodium may improve the health of your blood vessels, making them more flexible and responsive.

Shaking the habit

Restricting sodium by avoiding the saltshaker will put only a dent in your sodium intake. Most sodium comes from packaged and processed foods—many of which are surprisingly high in sodium yet don't taste too salty.

Victor Fulgoni III, Ph.D., a nutrition industry consultant in Battle Creek, Michigan, recently analyzed the nation's sodium intake during the past 20 years and found little progress in cutting back. Significantly lowering sodium intake would require foods to be reformulated—while maintaining taste, texture, and other desirable qualities that salt contributes.

Selling low sodium

Recently, some companies have made greater efforts to cut sodium in foods, including soups, breads, and deli meats. But many manufacturers struggle to meet consumers' taste expectations.

"Companies fear that if they're the only maker of bread or sausage that is lowering the sodium, their products won't taste as good as their competitors' products that are higher in sodium," says Michael Jacobson, Ph.D., of the Center for Science in the Public Interest (CSPI).

CSPI has petitioned the U.S. Food and Drug Administration (FDA) to set sodium limits for certain categories of foods, and the American Medical Association has suggested using a standardized symbol on food packages or another method to alert consumers to high sodium content (such as 480 milligrams or more per serving).

In the meantime, it's up to you to sleuth hidden sources of sodium. Our helpful hints show you how.

Sodium on the menu

To avoid salt land mines when dining out, check restaurant Web sites for nutrition information before you go. If that's not an option, follow these guidelines:

Skip the soup. Even a healthful-sounding vegetable soup is likely loaded with sodium.

Control condiments. Assume salad dressings, sauces, and other toppers are high in sodium. Request condiments on the side so you can limit the amount you eat.

Eat a half portion. Automatically cut your sodium (and calorie) intake in half by putting half of your entree in a to-go container as soon as the server delivers it to your table.

Watch menu clues. Terms including barbecued, marinated, seasoned, and smoked are signs of sodium.

Keep it simple. Order simply prepared, plain lean meats, such as broiled or grilled chicken.

Many restaurant meals provide more than a day's worth of sodium. Which popular restaurant entrée do you think is the saltiest? Find out below.

Chicken fajita platter

Beef with broccoli

Lasagna with garlic breadsticks

ANSWER: Chicken fajita platter contains 4,640 mg sodium; lasagna with garlic breadsticks, 3,530 mg sodium; beef with broccoli, 2,159 mg sodium

Trendy sea salt is often perceived as being lower in sodium. But the amount varies widely among brands, depending on where the salt is harvested or how it is processed.

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6 sodium surprises

Sodium is high in most frozen pizzas, canned soups, and hot dogs. But watch out for sodium in these items, too:

1. Fresh beef, pork, and poultry: Fresh meats such as steaks, pork tenderloins, and chicken breasts often are injected with salt to boost flavor. Check fresh-meat packages for salty ingredients such as broth.

2. Salad dressing: Opt for dressings with less than 240 mg of sodium and 100 calories per serving.

3. Breakfast cereal: Many cereals supply more than 240 mg of sodium per serving yet don't taste salty.

4. Instant foods: Quick-fix foods such as instant pudding and instant oatmeal are often higher in sodium than their regular counterparts. Opt for the regular version when there's a significant sodium savings.

5. Spaghetti sauce: Seek out no-salt-added versions, which are more prevalent in natural and organic brands.

6. Medications: Many drugs have a sodium base to help them dissolve in your digestive track. Read labels (especially for antacids and pain relievers) and ask your pharmacist about your prescription drugs.

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Shopping guide
low-sodium products

Many companies, such as the makers of products shown here, make no-salt-added and low-sodium versions of their traditional packaged foods. Take this product guide to the store so you know what brands offer low-sodium options. If the aisles don't feature the low-sodium varieties, ask your grocer about ordering them.

According to FDA labeling laws, "low sodium" means the food has no more than 140 mg sodium per serving.

Beans and vegetables

- Campbell's tomato juice
- Del Monte assorted vegetables
- Eden Organic assorted beans
- Giorgio mushrooms
- V8 vegetable juice

Potato products

- Cascadian Farm French fries
- Kettle Baked potato chips
- Michael Season's potato chips

Condiments

- Consorzio salad dressings
- Eden Organic spaghetti sauce
- Green Mountain Gringo salsa
- Heinz ketchup
- Mrs. Dash marinades

Seasonings

- Kernel Season's popcorn seasoning
- Lawry's salt-free seasoning
- Mrs. Dash seasoning blends
- McCormick salt-free seasonings
- Nantucket Off-Shore rubs

Crackers and crispbreads

- Old London melba toast
- Ryvita crispbreads
- Triscuit crackers
- Wasa crispbreads

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fire up

Easy backyard grill party!

Dig into these sizzlers—entrée, sides, and dessert—cooked entirely on the grill. Plus, our tips make entertaining a breeze.

main dish Lemon-Mustard Pork Chops
recipe on page 82

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side dish

Southwest Grilled Corn Salad

recipe on page 110

BY **Sheena Chihak, R.D.**
RECIPES BY **Jill Johnson**
PHOTOS BY **Blaine Moats**
FOOD STYLING BY **Greg Luna**
PROP STYLING BY **Victoria DeGette**

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Get organized

Mise en place is a term used commonly in professional kitchens that refers to the setup before cooking. The Culinary Institute of America defines mise en place as "everything in place." By setting out all required utensils, equipment, and measured ingredients for a recipe, you'll shorten cooking time and reduce the stress of assembly while cooking. For a successful setup, follow these tips:

Read the entire recipe from beginning to end to determine what tools are needed. Keep in mind tools not specifically called for in recipes such as a serving platter or brush for marinade.

Wash, chop, and measure all of the ingredients you'll need.

Transfer tools and ingredients to the cooking area (in this case an outdoor grill).

Lemon-Mustard Pork Chops

Place cooked chops on a platter and cover with foil while you grill the sides.

SERVINGS 6 (1 chop each)
CARB. PER SERVING 6 g
PREP 10 minutes **GRILL** 10 minutes

- 2 lemons, halved
- 2 tablespoons coarse-grain brown mustard
- 2 tablespoons Dijon-style mustard
- 2 teaspoons honey
- 3 cloves garlic, minced
- 6 ½-inch-thick bone-in pork loin chops (about 2½ pounds total)
- 2 teaspoons olive oil

1. Juice one lemon half to make 1 tablespoon juice. In a small bowl, combine the lemon juice, coarse-grain mustard, Dijon-style mustard, honey, and garlic. Transfer 2 tablespoons of the mustard mixture to another small bowl to use as a brush-on sauce.

2. Lightly brush both sides of each chop with olive oil. Grill chops on the rack of an uncovered grill directly over medium coals 10 to 14 minutes or until slightly pink in the center (160°F), turning once and brushing with the 2 tablespoons mustard mixture halfway through grilling. Discard any remaining brush-on mixture. (For a gas grill, preheat grill. Reduce heat to medium. Place chops on rack over heat. Cover and grill as above.)

3. Cut remaining lemon halves into 6 wedges total. Place on grill beside chops. Grill 1 to 2 minutes or until lightly browned, turning to brown all cut sides evenly. Brush chops with the remaining mustard mixture before serving. Serve with lemon wedges for squeezing over chops.

PER SERVING: 203 cal., 6 g total fat (2 g sat. fat), 90 mg chol., 270 mg sodium, 6 g carb., 2 g fiber, 29 g pro. Exchanges: 0.5 carb., 4 lean meat. Carb choices: 0.5.

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side dish

Grilled Summer Squash, Onion, and Tomatoes

recipe on page 110

3 ways to grill veggies

Veggies cook fast, so they usually can be grilled last. Wash, chop, and marinate them (if necessary) before grilling the main dish, then keep the main dish warm while the veggies cook.

In a grill basket

With a grill basket, there's no worry of small veggies falling through the rack. Make sure the pieces are similar size so they finish cooking at the same time.

Directly on the grill

This is an easy method if you're using large vegetables that won't fall through the grill rack.

Skewered

Veggie kabobs are handy for small vegetables and are a fun way to present food. But they take a bit of time to assemble, so plan ahead.

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Quenchers on display

Use a big bowl or decorative bucket filled with ice to chill drinks, including a selection of zero-calorie refreshers. Encourage guests to help themselves. The display doubles as a centerpiece.

dessert Grown-Up S'mores

Grown-Up S'mores

Complete Step 1 of this recipe before guests arrive so after the meal you'll only need a few minutes to grill and assemble dessert.

SERVINGS 6 (1 s'more each)
CARB. PER SERVING 16 g
START TO FINISH 15 minutes

- **6 graham cracker squares**
- **1 1.45-ounce bar dark chocolate, divided into 6 portions**
- **1 teaspoon finely shredded orange peel**
- **1 teaspoon snipped fresh rosemary**
- **6 large marshmallows**
- **6 fresh raspberries**

1. Place graham crackers in a single layer on a platter. Top each with a portion of chocolate; set aside. In a small bowl, combine orange peel and rosemary; set aside. Lightly coat a long metal skewer with *nonstick cooking spray.* Thread marshmallows on the skewer, leaving ½ inch between each. **2.** Using an oven mitt, hold marshmallow skewer just above grill rack directly over medium coals about 2 minutes or until marshmallows are soft and lightly toasted, turning occasionally. (For a gas grill, preheat grill. Reduce heat to medium. Using an oven mitt, hold marshmallow skewer just above grill rack over heat. Grill as above, leaving grill uncovered.) **3.** Working quickly, use a fork to push one marshmallow onto each chocolate-topped graham cracker. Sprinkle with orange peel mixture and top each with a raspberry.

PER SERVING: 91 cal., 3 g total fat (1 g sat. fat), 0 mg chol., 57 mg sodium, 16 g carb., 1 g fiber, 1 g pro. Exchanges: 1 carb., 0.5 fat. Carb choices: 1.

@ Find tips for making smart food choices at your next gathering at **DiabeticLivingOnline.com/potlucktips**

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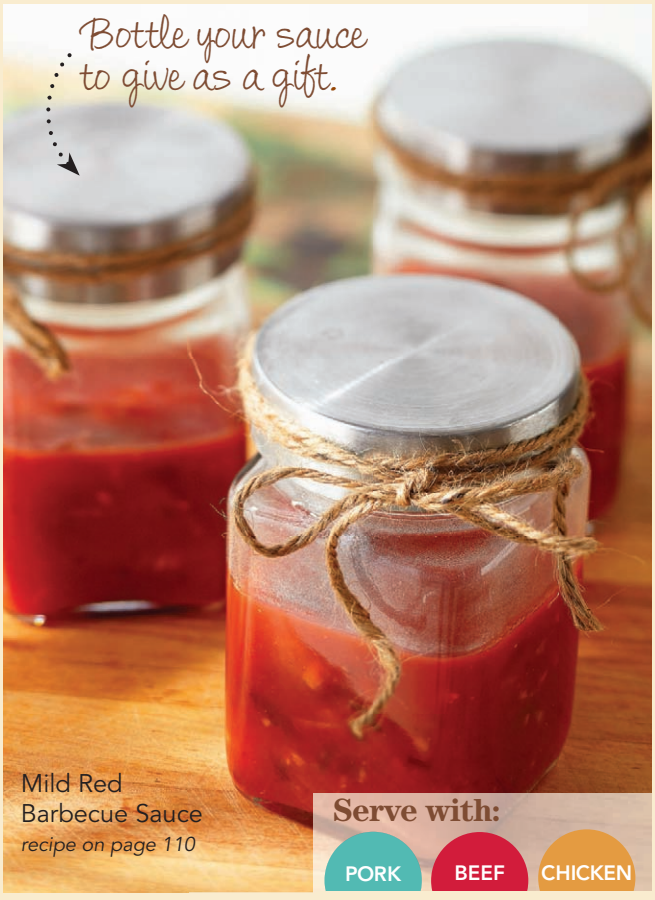
Feeling saucy?

Perk up your protein choice with one of these zippy barbecue sauces. Whether your tastes are mild or spicy, we've got you covered. Bottle your barbecue sauce in glass jars with decorative twine or ribbon to give as gifts to dinner guests. Include a copy of the recipe and nutrition information.

North Carolina Vinegar Sauce
recipe on page 110

Brush on:
PORK CHICKEN



Mild Red Barbecue Sauce
recipe on page 110

Serve with:
PORK BEEF CHICKEN

Spicy Hot Red Barbecue Sauce
recipe on page 111

Serve with:
PORK BEEF CHICKEN

Continued on page 110 »

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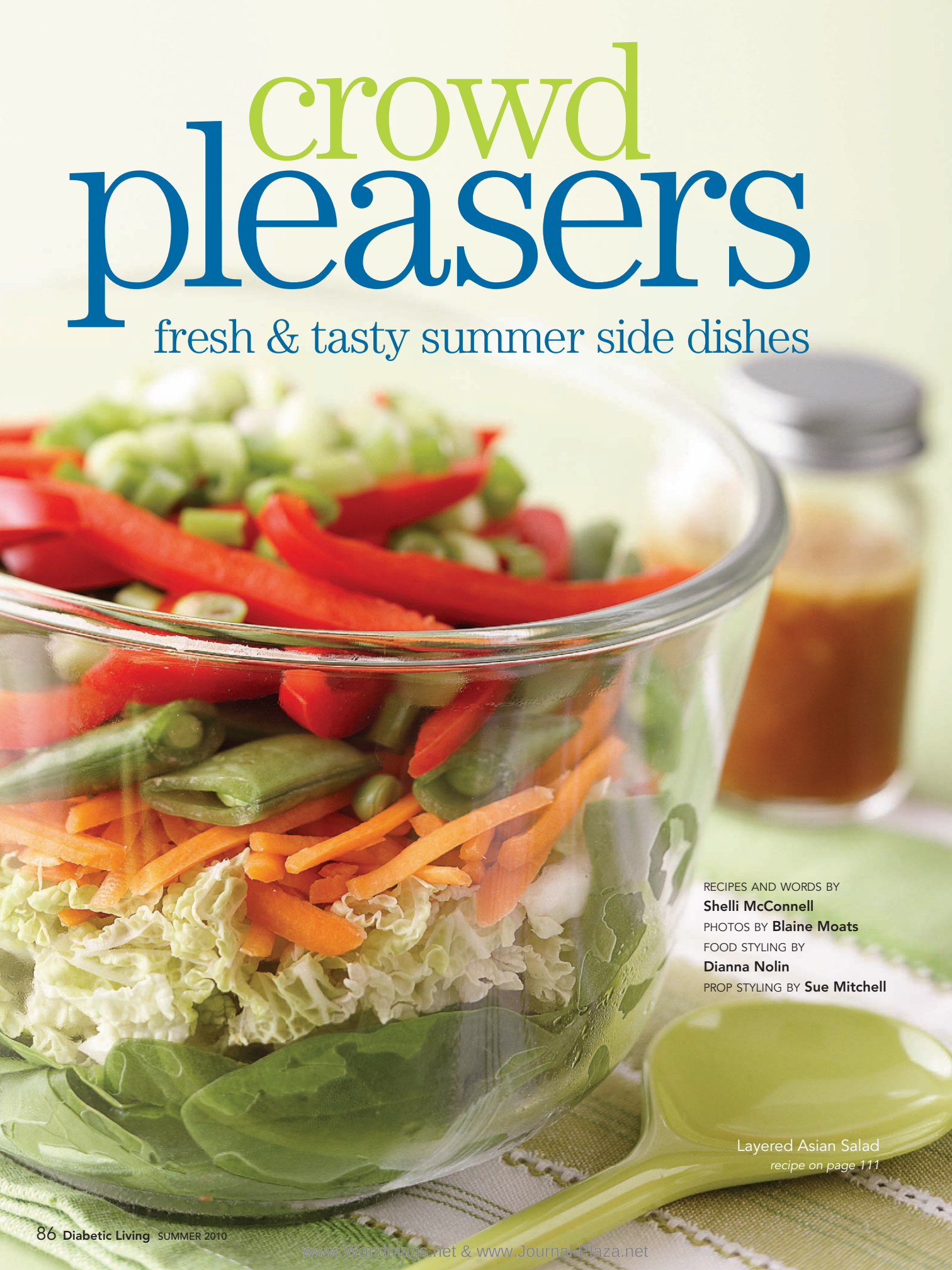
crowd pleasers

fresh & tasty summer side dishes



RECIPES AND WORDS BY
Shelli McConnell
PHOTOS BY **Blaine Moats**
FOOD STYLING BY
Dianna Nolin
PROP STYLING BY **Sue Mitchell**

Layered Asian Salad
recipe on page 111

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Curried Wild Rice Salad
recipe on page 112

Greek Garden Pasta Salad
recipe on page 112

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Cheesy Vegetable Bake
recipe on page 112

Farmer's Market Salad Platter

A trip to a well-stocked farmer's market should yield the green beans and other vegetables you need.

SERVINGS 10 (about ½ cup arugula, ⅓ cup potatoes, ⅓ cup green beans, and ¼ cup tomatoes each)
CARB. PER SERVING 15 g
PREP 25 minutes **COOK** 20 minutes

- **1¼ pounds tiny new potatoes, halved or quartered**
- **12 ounces fresh green beans**
- **¼ cup white wine vinegar or champagne vinegar**
- **3 tablespoons olive oil**
- **1 medium shallot, finely chopped (2 tablespoons)**
- **1 tablespoon capers, rinsed and drained**
- **1 teaspoon Dijon-style mustard**
- **5 cups fresh baby arugula or baby spinach**
- **4 medium roma tomatoes, coarsely chopped**

1. In a covered large saucepan, cook potatoes in enough boiling water to cover about 10 minutes or just until tender; drain. Rinse with cold water and drain again. If desired, cover and chill up to 24 hours.
2. In a covered medium saucepan, cook beans in enough boiling water to cover about 10 minutes or just until crisp-tender; drain. Submerse beans in a bowl of ice water to cool quickly; drain again. If desired, cover and chill up to 24 hours.
3. For dressing: In a screw-top jar, combine vinegar, olive oil, shallot, capers, mustard, and ¼ teaspoon *black pepper*. Cover and shake well. If desired, chill up to 24 hours.
4. To serve, if dressing is chilled, let it stand at room temperature 30 minutes. Arrange arugula on a platter. Arrange potatoes, beans, and tomatoes on top of arugula. Shake the dressing well. Drizzle dressing over the vegetables.

PER SERVING: 106 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 49 mg sodium, 15 g carb., 3 g fiber, 3 g pro. Exchanges: 1 vegetable, 0.5 starch, 1 fat. Carb choices: 1.

Smart potluck strategies

Use these helpful tips to select good-for-you foods and avoid the pitfalls of a potluck.

- Watch out for high-fat, high-sodium meats such as hot dogs and bratwursts. Instead, opt for a lower-fat option such as lean ground beef or turkey burgers, roasted meats, oven-fried chicken, or grilled fish.
- Go lightly when dishing up sauce-slathered meats and poultry. Purchased sauces used as brush-ons can be loaded with carbohydrate as well as sodium.
- Walk past vegetable dishes that ooze with sauce or cheese. Instead, spoon up crisp-cooked, vibrant veggies that are simply seasoned.
- Be alert for salads drenched in mayonnaise-base dressings. Seek out those lightly dressed with a vinaigrette or yogurt dressing.
- Take small helpings of high-carb favorites such as potato salad, pasta salad, and scalloped potatoes.
- For dessert, think small and know that seasonal fresh fruit is most likely the best choice.

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Farmer's Market Salad Platter

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Tomato-Artichoke Focaccia
recipe on page 113

Green Apple Slaw
recipe on page 113

Fiesta Corn Salad
recipe on page 113

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Heartland Baked Beans

Heartland Baked Beans

Starting with dry beans and slow baking are the keys to old-fashioned baked beans.

SERVINGS 12 (½ cup each)
CARB. PER SERVING 30 g or 27 g
PREP 25 minutes **STAND** 1 hour
COOK 1 hour **BAKE** 2¼ hours

- **1 pound dry navy beans or Great Northern beans (2⅓ cups)**
- **4 ounces turkey bacon, chopped**
- **¾ cup chopped onion**
- **½ cup chopped celery**
- **2 cloves garlic, minced**
- **1 teaspoon grated fresh ginger or ½ teaspoon ground ginger**
- **3 tablespoons packed brown sugar***
- **½ cup ketchup**
- **2 tablespoons cider vinegar**
- **1 teaspoon dry mustard**

1. Rinse and drain beans. In a 4- to 5-quart oven-going Dutch oven, combine beans and 8 cups *water*. Bring to boiling; reduce heat. Simmer, uncovered, 2 minutes. Remove from heat. Cover and let stand 1 hour. (Or place beans and 8 cups water in Dutch oven. Cover and let soak overnight.) Drain and rinse beans.

2. Return beans to Dutch oven. Stir in 8 cups fresh *water*. Bring to boiling; reduce heat. Cover and simmer 1 to 1¼ hours or until beans are tender, stirring occasionally. Drain beans, reserving liquid.

3. Preheat oven to 300°F. In the same Dutch oven, combine turkey bacon, onion, celery, garlic, and ginger; cook over medium heat until onion is tender, stirring occasionally. Add brown sugar; cook and stir until sugar is dissolved. Stir in ketchup, vinegar, dry mustard, and ¼ teaspoon *black pepper*. Stir in drained beans and 1 cup reserved bean liquid. If desired, transfer mixture to a bean pot.

4. Bake, covered, about 2¼ hours or until desired consistency, stirring occasionally. If necessary, stir in additional reserved bean liquid.

***SUGAR SUBSTITUTES:** Choose from Sweet'N Low Brown or Sugar Twin Granulated Brown. Follow package directions to use amount equivalent to 3 tablespoons brown sugar.

PER SERVING: 181 cal., 3 g total fat (1 g sat. fat), 9 mg chol., 233 mg sodium, 30 g carb., 10 g fiber, 10 g pro. Exchanges: 2 starch, 0.5 lean meat. Carb choices: 2.

PER SERVING WITH SUBSTITUTE: Same as above, except 168 cal., 27 g carb., 232 mg sodium.

Continued on page 111 »

Summer Berries with Orange Cream
recipe on page 114

PORTION SMARTS

Keep potluck portions on target by using an appropriate-size measuring cup to scoop out servings.

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Spiced Bulgur with Beef and Mango

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Beat the summer heat with these speedy meals that make your time in the kitchen easy-breezy.

stay-cool meals

RECIPES BY **Laura Marzen, R.D., L.D.**
PHOTOS BY **Blaine Moats**
FOOD STYLING BY **Greg Luna**
PROP STYLING BY **Sue Mitchell**

Spiced Bulgur with Beef and Mango

Make prep work efficient by cutting up the beef, mango, and vegetables during the bulgur's standing time.

SERVINGS 4 (scant ½ cup bulgur and ⅔ cup toppers each)
CARB. PER SERVING 25 g
START TO FINISH 25 minutes

- **1 cup reduced-sodium chicken broth**
- **⅔ cup bulgur**
- **1 clove garlic, minced**
- **½ teaspoon ground cumin**
- **¼ teaspoon ground coriander**
- **⅛ teaspoon ground cinnamon**
- **⅛ teaspoon cayenne pepper**
- **6 ounces lower-sodium deli roast beef, cut into thin strips**
- **½ of a medium mango, peeled and coarsely chopped**
- **½ cup fresh pea pods, halved crosswise**
- **2 green onions, sliced**
- **¼ cup snipped fresh cilantro**

1. In a 1½-quart microwave-safe casserole, combine broth, uncooked bulgur, garlic, cumin, coriander, cinnamon, and cayenne pepper. Microwave, covered, on 100% power (high) about 4 minutes or until mixture is boiling. Remove from microwave. Let stand 20 minutes or until bulgur is tender. Drain, if necessary.

2. Divide bulgur mixture among four serving bowls. Top with beef, mango, pea pods, green onions, and cilantro.

PER SERVING: 164 cal., 2 g total fat (1 g sat. fat), 26 mg chol., 421 mg sodium, 25 g carb., 5 g fiber, 13 g pro. Exchanges: 1.5 starch, 1.5 lean meat. Carb choices: 1.5.

How to peel a mango

Slice off two fleshy pieces of the mango as close to the fibrous seed as possible; discard the seed.

With a paring knife, score the mango in a checkerboard pattern up to, but not through, the skin. Turn the skin in to push the mango cubes out. Cut off the cubes with the paring knife.

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Fresh Bruschetta Chicken-Stuffed Tomatoes

How to peel garlic cloves

Using the heel of your hand, press down on the unpeeled clove with the flat side of a broad-blade knife. This will cause the skin to split. Then use your fingers to easily peel away the papery skin; discard skin.

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Fresh Bruschetta Chicken-Stuffed Tomatoes

One deli-roasted chicken yields more than enough meat. Save the extra for another meal's salad or sandwiches.

SERVINGS 4 (1 stuffed tomato each)
CARB. PER SERVING 16 g
START TO FINISH 25 minutes

- 1 2- to 2½-pound deli-roasted chicken
- 1 cup fresh spinach leaves, coarsely chopped
- 2 green onions, thinly sliced
- ¼ cup snipped fresh basil or 2 teaspoons dried basil, crushed
- 2 tablespoons white balsamic vinegar or regular balsamic vinegar
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 4 large tomatoes (8 to 10 ounces each)
- 2 very thin slices firm-texture whole wheat bread, toasted and cut into cubes
- 2 tablespoons shredded Parmesan cheese

1. Remove skin from chicken and discard. Cut meat off the bones. Chop enough meat to measure 2 cups; save the remaining chicken for another use. In a medium bowl, combine the 2 cups chicken, the spinach, green onions, basil, vinegar, oil, and garlic. Toss to evenly coat.

2. Cut a ¼-inch-thick slice from the stem end of each tomato; discard slices. Using a spoon, carefully scoop out the tomato pulp, leaving a ¼- to ½-inch-thick shell. Place shells, open sides up, on serving plates. Discard tomato seeds. Chop enough of the tomato pulp to measure ½ cup; discard remaining pulp. Stir the ½ cup tomato pulp into chicken mixture.

3. Divide chicken mixture among tomato shells. Top with bread cubes and cheese.

PER SERVING: 249 cal., 14 g total fat (4 g sat. fat), 64 mg chol., 509 mg sodium, 16 g carb., 4 g fiber, 17 g pro. Exchanges: 2 vegetable, 0.5 starch, 2.5 lean meat, 1 fat. Carb choices: 1.

Open-Face Egg Sandwiches

No cooking required—purchase your eggs hard-cooked. Look for them in the deli section or salad bar area of your market.

Open-Face Egg Sandwiches

SERVINGS 4 (1 open-face sandwich each)
CARB. PER SERVING 17 g
START TO FINISH 15 minutes

- 1 cup frozen shelled sweet soybeans (edamame), thawed
- 1 small avocado, halved, seeded, and peeled
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- ½ cup chopped red sweet pepper
- 4 very thin slices firm-texture whole wheat bread, toasted, or 2 whole wheat pita rounds, split in half horizontally
- 4 hard-cooked eggs, thinly sliced

1. In a medium bowl, combine edamame, avocado, lemon juice, garlic, and ¼ teaspoon *salt*; use a fork or potato masher to mash ingredients together until avocado is smooth and edamame is coarsely mashed. Stir in sweet pepper.

2. Spread edamame mixture on top of bread slices or on pita halves. Arrange egg slices on edamame mixture. Sprinkle with *black pepper*.

PER SERVING: 240 cal., 14 g total fat (3 g sat. fat), 212 mg chol., 293 mg sodium, 17 g carb., 6 g fiber, 14 g pro. Exchanges: 1 starch, 2.5 medium-fat meat. Carb choices: 1.

@ In a hurry at dinnertime? Try these quick-fix meals: **DiabeticLivingOnline.com/30-minute-meals**

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Salmon and Couscous Casserole
recipe on page 114

How to toast almonds

You can use untoasted almonds in this recipe, but toasting adds extra flavor. To toast sliced or whole almonds, bake them in a 350°F oven for 8 to 10 minutes or until lightly browned, stirring occasionally. Cool completely.

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Southwest Chicken-Stuffed Potatoes

Control the heat by choosing your favorite brand and variety of salsa.

SERVINGS 4 (1 stuffed potato each)
CARB. PER SERVING 17 g
START TO FINISH 25 minutes

- 4 6-ounce Yukon gold potatoes, scrubbed
- 2 6-ounce cans no-salt-added chicken breast, drained, or 6 ounces cooked smoked turkey sausage, chopped
- ½ teaspoon chili powder
- ⅓ cup purchased salsa
- ½ cup shredded reduced-fat Monterey Jack cheese (2 ounces)
- 1 tablespoon snipped fresh cilantro

1. Cut a ¼-inch-thick slice off one side of each potato. Discard slice or save for another use. Prick potatoes with a fork. Place potatoes cut side down in a microwave-safe 2-quart square baking dish. Add ¼ cup *water* to the baking dish. Microwave, uncovered, on 100% power (high) 10 to 12 minutes or until tender, rearranging and turning potatoes once. Cool slightly.

2. Meanwhile, in a small microwave-safe bowl, combine chicken, chili powder, and ⅛ teaspoon *salt*. Cover with vented plastic wrap. Microwave on 50% power (medium) 1 to 2 minutes or until heated through, stirring once halfway through cooking. Scoop pulp out of each potato, leaving a ½-inch-thick shell. Reserve pulp for another use* or discard. Spoon chicken mixture into potato shells. Top with salsa and cheese.

3. Microwave, uncovered, on 100% power (high) 30 to 60 seconds or until cheese is softened. Sprinkle with cilantro.

***TEST KITCHEN TIP:** Use leftover pulp to make mashed potatoes.

PER SERVING: 188 cal., 5 g total fat (3 g sat. fat), 70 mg chol., 434 mg sodium, 17 g carb., 2 g fiber, 22 g pro. Exchanges: 1 starch, 2.5 lean meat. Carb choices: 1.

How to make it spicy

For salt-free Cajun seasoning, combine ¼ teaspoon each of white pepper, garlic powder, onion powder, paprika, and black pepper, and ⅛ to ¼ teaspoon cayenne pepper.

Cajun Turkey Sandwiches
recipe on page 114

Southwest Chicken-Stuffed Potatoes

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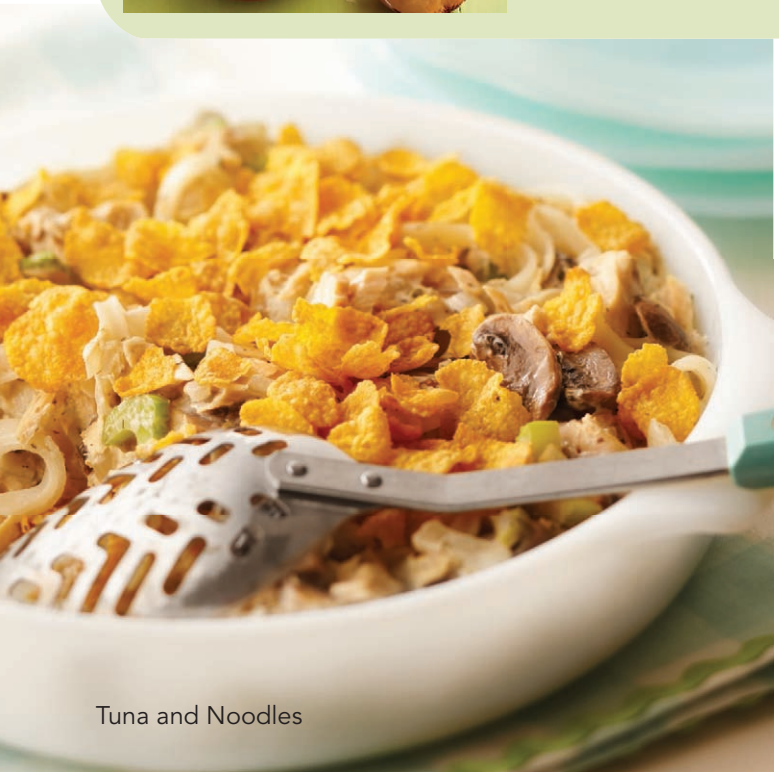
How to choose an onion

Yellow onions have thick, juicy layers and pronounced sharpness; white onions are similar in flavor. Red onions have a mild sweetness when cooked. Shallots taste like a cross between onion and garlic.



Tuna and Noodles

Bean-Tofu Burritos
recipe on page 115

Tuna and Noodles

Our taste panel declared this creamy dish "even better than regular tuna casserole."

SERVINGS 4 (about 1 cup each)
CARB. PER SERVING 33 g
PREP 15 minutes **STAND** 35 minutes

- **1 6.5-ounce package light semisoft cheese with cucumber and dill or garlic and herb**
- **4 ounces dried wide rice noodles, broken**
- **1½ cups sliced fresh mushrooms**
- **1 small onion, chopped**
- **1 stalk celery, sliced**
- **⅓ cup fat-free milk**
- **3 4.5-ounce cans very-low-sodium chunk white tuna (water pack), drained and broken into chunks**
- **½ cup cornflakes or crushed reduced-fat shredded wheat crackers**

1. Let cheese stand at room temperature 30 minutes. Place noodles in a large bowl. Add enough boiling water to cover by several inches. Let stand 5 minutes, stirring occasionally. Drain and set aside.

2. Meanwhile, in a microwave-safe 2-quart casserole, combine mushrooms, onion, celery, and ¼ cup *water*. Microwave, covered, on 100% power (high) 3 to 4 minutes or until the vegetables are tender, stirring once halfway through cooking.

3. Add cheese and milk to mushroom mixture. Stir until well mixed. Stir in drained noodles and tuna. Microwave, covered, on 100% power (high) 3 to 4 minutes or until heated through, stirring once halfway through cooking. Sprinkle with cornflakes.

PER SERVING: 331 cal., 9 g total fat (5 g sat. fat), 73 mg chol., 454 mg sodium, 33 g carb., 1 g fiber, 31 g pro. Exchanges: 1 vegetable, 2 starch, 3.5 lean meat. Carb choices: 2.

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No-Fry Shrimp Stir-Fry

Broccoli florets and shredded carrots are available packaged. But if you want to purchase just enough for this recipe, turn to your supermarket's salad bar.

SERVINGS 4 (1¼ cups each)
CARB. PER SERVING 29 g
PREP 10 minutes
MARINATE 30 minutes

- **12 ounces frozen deveined, peeled (with tails intact if desired) cooked shrimp, thawed and drained**
- **⅓ cup bottled light Asian salad dressing**
- **3 cups broccoli florets**
- **1 8.8-ounce pouch cooked brown rice**
- **1 cup shredded carrots**
- **2 teaspoons purchased toasted sesame seeds**
- **Crushed red pepper (optional)**

1. In a medium bowl, combine shrimp and salad dressing; cover and marinate in the refrigerator 30 minutes, stirring occasionally.
2. In a 2-quart microwave-safe casserole, combine broccoli and ¼ cup *water*. Microwave, covered, on 100% power (high) 2 minutes, stirring once halfway through cooking. Drain and return to casserole.
3. Add shrimp mixture, rice, and carrots to broccoli in casserole. Microwave, covered, on 100% power (high) 3 to 5 minutes or until mixture is heated through, stirring once halfway through cooking.
4. Divide shrimp mixture among four serving bowls. Sprinkle with sesame seeds and, if desired, crushed red pepper.

1¼

PER SERVING: 250 cal., 5 g total fat (1 g sat. fat), 166 mg chol., 494 mg sodium, 29 g carb., 3 g fiber, 22 g pro. Exchanges: 1 vegetable, 1.5 starch, 2.5 lean meat. Carb choices: 2.

Continued on page 114 »

No-Fry Shrimp Stir-Fry

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chill out

On sizzling summer days, there's nothing like a cool, frosty treat. You'll love these frozen desserts that let you indulge your sweet tooth but go light on sugar.

BY **Stephanie Karpinske, M.S., R.D.**
RECIPES BY **Laura Marzen, R.D., L.D.**
PHOTOS BY **Scott Little and Kritsada**
FOOD STYLING BY **Nicole Faber Peterson**
PROP STYLING BY **Sue Mitchell**

Ice Cream-Berry Desserts

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Ice Cream-Berry Desserts

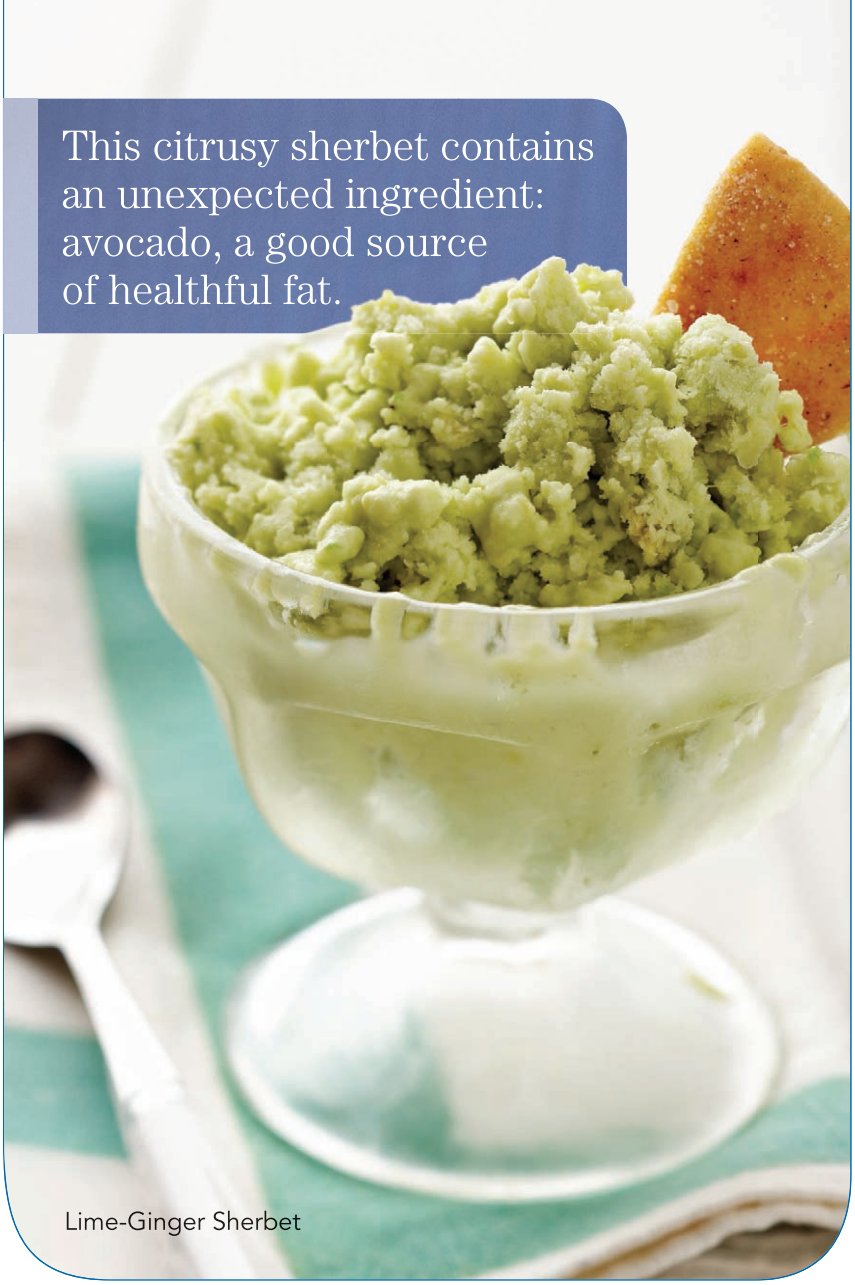
Crushed ice cream cones add a pleasing crunch.

SERVINGS 4 (½ cup ice cream, 4 teaspoons crushed cone, and ¼ cup raspberries each)
CARB. PER SERVING 23 g
START TO FINISH 10 minutes

- **2 cups low-fat or light cookies 'n cream or Neapolitan ice cream**
- **2 cake ice cream cones, coarsely crushed**
- **1 cup fresh raspberries**
- **2 tablespoons sliced almonds or chopped pecans, toasted (optional)**

1. Using a small scoop, divide ice cream among four 4- to 6-ounce dessert dishes. Top with crushed ice cream cones, raspberries, and, if desired, nuts. Serve immediately.
PER SERVING: 144 cal., 4 g fat (2 g sat. fat), 20 mg chol., 63 mg sodium, 23 g carb., 2 g fiber, 4 g pro. Exchanges: 1.5 carb., 0.5 fat. Carb choices: 1.5.

This citrusy sherbet contains an unexpected ingredient: avocado, a good source of healthful fat.



Lime-Ginger Sherbet

Lime-Ginger Sherbet

Avocado for dessert? You bet! It makes this luscious sherbet smooth and creamy and is the perfect flavor partner for lime, honey, and ginger.

SERVINGS 8 (½ cup each)
CARB. PER SERVING 18 g or 11 g
PREP 25 minutes **FREEZE** 6 hours
STAND 15 minutes

- **1 large avocado, halved, seeded, peeled, and cut up**
- **1 cup fat-free milk**
- **⅓ cup sugar***
- **¼ teaspoon finely shredded lime peel**
- **⅓ cup lime juice**
- **2 tablespoons honey**
- **1 teaspoon grated fresh ginger or ½ teaspoon ground ginger**
- **Baked cinnamon-sugar pita chips (optional)**

1. In a blender, combine avocado, milk, and sugar. Cover and blend until very smooth. Pour mixture into a 2-quart square baking dish. Stir in lime peel, lime juice, honey, and ginger. Cover and freeze at least 6 hours or until firm, stirring occasionally so the mixture freezes evenly.
2. To serve, let stand at room temperature 15 minutes. Using a fork, scrape over the top of the frozen mixture; divide scraped mixture among eight serving bowls. If desired, garnish with baked cinnamon-sugar pita chips.
***SUGAR SUBSTITUTES:** Choose from Splenda granular or Equal Spoonful or packets. Follow package directions to use product amount equivalent to ⅓ cup sugar.

PER SERVING: 107 cal., 4 g fat (1 g sat. fat), 1 mg chol., 14 mg sodium, 18 g carb., 2 g fiber, 2 g pro. Exchanges: 1 carb., 1 fat. Carb choices: 1.
PER SERVING WITH SUBSTITUTE: same as above, except 79 cal., 11 g carb. Exchanges: 0.5 other carb.

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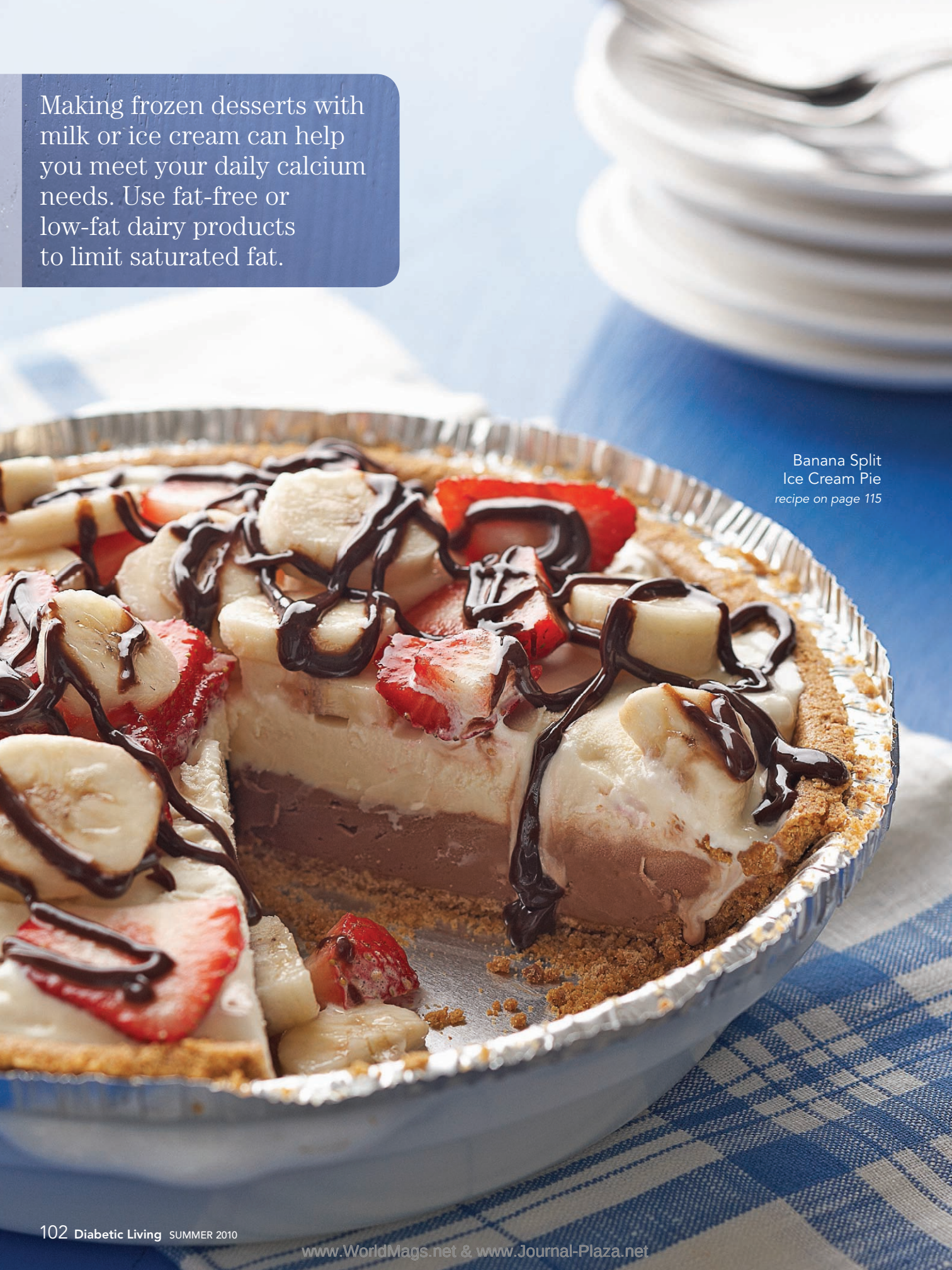
Making frozen desserts with milk or ice cream can help you meet your daily calcium needs. Use fat-free or low-fat dairy products to limit saturated fat.



Banana Split Ice Cream Pie
recipe on page 115

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Banana Buster Pops
recipe on page 115

Pomegranate Tea Sorbet
recipe on page 116

Fruit Pops
recipes on page 116

Mango-Ginger Cups
recipe on page 116

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Ice Cream Finger Sandwiches
recipe on page 118

Lemon-Blueberry
Angel Cake Dessert

Lemon-Blueberry Angel Cake Dessert

Looking for a company-special dessert? This one will delight your guests, yet suit your meal plan.

SERVINGS 12 (about ½ cup each)
CARB. PER SERVING 14 g
PREP 25 minutes **FREEZE** 4 hours

- ½ of a 7- to 8-inch purchased angel food cake (5 ounces)
- 1 8-ounce tub light cream cheese
- 1½ teaspoons finely shredded lemon peel
- 2 tablespoons lemon juice
- 1½ cups frozen light whipped dessert topping, thawed
- 2 cups fresh blueberries
- Lemon peel strips (optional)

1. Cut cake into ½-inch cubes. (You should have about 4½ cups cubes.) Place half of the cubes in a 2-quart soufflé dish.

2. In a medium bowl, beat cream cheese with an electric mixer on medium speed until smooth. Add lemon juice, beating until smooth. Stir in finely shredded lemon peel. Fold in about ¼ cup of the dessert topping until combined. Fold in the remaining dessert topping. Divide the mixture in half; stir 1½ cups of the blueberries into one portion of the cream cheese mixture. Spoon over cake cubes in dish. Top with the remaining cake cubes and the remaining plain cream cheese mixture. Cover and freeze about 4 hours or until firm.

3. Sprinkle with the remaining blueberries before serving. If desired, garnish with lemon peel strips.

PER SERVING: 100 cal., 4 g total fat (3 g sat. fat), 9 mg chol., 177 mg sodium, 14 g carb., 1 g fiber, 3 g pro. Exchanges: 1 carb., 0.5 fat. Carb choices: 1.

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Top this

Look for no-sugar-added and light ice cream and frozen yogurt. Check the fat and carb counts on the labels. No-sugar-added ice cream does contain natural sugar from the lactose in milk, but should fit into your meal plan ½ cup at a time.

Peach-Bourbon Sauce

For a change of pace, serve this tantalizing sauce over thin slices of angel food cake.

SERVINGS 6 (½ cup ice cream and ¼ cup sauce each)
CARB. PER SERVING 27 g
PREP 20 minutes **COOL** 20 minutes

- 2 teaspoons packed brown sugar
- ½ teaspoon cornstarch
- 1 tablespoon butter
- 3 medium peaches, peeled if desired, pitted, and sliced (about 3 cups)
- 1 tablespoon bourbon or water
- 3 cups low-fat or light butter pecan ice cream

1. In a small bowl, combine brown sugar and cornstarch; set aside. In a medium skillet, heat butter over medium heat just until melted. Remove from heat; add peaches, brown sugar mixture, and bourbon. Return to heat. Cook 2 to 3 minutes or until mixture begins to bubble, stirring occasionally. Cook and stir 1 minute more. Remove from heat. Cool about 20 minutes. Serve warm with ice cream.

PER SERVING: 186 cal., 7 g total fat (3 g sat. fat), 15 mg chol., 119 mg sodium, 27 g carb., 2 g fiber, 3 g pro. Exchanges: 1.5 carb., 0.5 fruit, 1 fat. Carb choices: 2.

Continued on page 115 »

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summer catch

Reel in more heart-healthy fish for your table. In-season produce gives these dishes big flavor with few calories.

BY **Sheena Chihak, R.D.**
RECIPES BY **Laura Marzen, R.D., L.D.**
PHOTOS BY **Blaine Moats**
FOOD STYLING BY **Nicole Faber Peterson**
PROP STYLING BY **Victoria DeGette**

Grilled Tuna with Sweet 'n' Heat Salsa

The tongue-tingling marinade and sassy salsa work well with halibut, cod, and salmon, too.

SERVINGS 2 (1 tuna steak and ⅔ cup salsa each)
CARB. PER SERVING 9 g
PREP 25 minutes
MARINATE 30 to 60 minutes
GRILL 6 minutes

- **2 5-ounce fresh or frozen tuna steaks, cut ¾ to 1 inch thick**
- **½ teaspoon cumin seeds or ¼ teaspoon ground cumin**
- **½ teaspoon finely shredded lime peel**
- **2 tablespoons lime juice**
- **1 tablespoon canola oil**
- **¼ teaspoon crushed red pepper**
- **¼ cup chopped, seeded watermelon**
- **½ cup chopped yellow or orange sweet pepper**
- **1 green onion, thinly sliced**
- **2 teaspoons snipped fresh mint**

1. Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Place fish in a large resealable plastic bag set in a shallow dish. Set aside. If using cumin seeds, in a small dry skillet, heat cumin seeds over medium heat 1 to 2 minutes or until aromatic, shaking skillet occasionally. Crush cumin seeds in a mortar and pestle.

2. In a small bowl, combine crushed cumin seeds or ground cumin, lime peel, lime juice, oil, ⅛ teaspoon of the crushed red pepper, and ⅛ teaspoon *salt*. Pour over fish in bag; turn to coat fish. Seal bag. Marinate in the refrigerator 30 to 60 minutes, turning bag occasionally.

3. Meanwhile, for salsa: In a small bowl, combine watermelon, sweet pepper, green onion, mint, and the remaining ⅛ teaspoon crushed red pepper. Set aside.

4. Drain fish, discarding marinade. Grill fish on the greased rack of an uncovered grill directly over medium coals 6 to 10 minutes or until fish flakes easily when tested with a fork, gently turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place fish on greased grill rack over heat. Cover and grill as directed) Serve fish topped with salsa. If desired, serve with *lime wedges*.

PER SERVING: 252 cal., 8 g total fat (1 g sat. fat), 63 mg chol., 202 mg sodium, 9 g carb., 2 g fiber, 34 g pro. Exchanges: 0.5 fruit, 4.5 lean meat, 0.5 fat. Carb choices: 0.5.

The American Heart Association recommends eating at least two servings of fish (especially fatty fish like tuna, salmon, and mackerel) each week for heart health.

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Quinoa (pronounced KEEN-wa), a grainlike seed, is a complete protein, high in fiber, and gluten-free. Look for it in natural foods stores or the health section of your supermarket.

Garden Fresh Quinoa

Serve quinoa as you would rice. It's higher in protein and lower in carbs.

SERVINGS 2 (⅔ cup each)
CARB. PER SERVING 16 g
START TO FINISH 30 minutes

- ¼ cup quinoa, rinsed and well drained
- 1 clove garlic, minced
- 1 teaspoon olive oil
- ¾ cup reduced-sodium chicken broth
- ⅓ cup chopped, seeded cucumber
- 1 large green onion, thinly sliced, or 3 tablespoons snipped fresh chives
- 2 tablespoons snipped fresh basil

1. In a small nonstick saucepan, cook quinoa and garlic in hot oil over medium heat 3 minutes, stirring frequently.
2. Add broth. Bring to boiling; reduce heat. Cover and simmer 15 to 20 minutes or until the liquid is absorbed and quinoa is tender. Remove from heat. Stir in cucumber, green onion, and snipped basil. If desired, garnish with *fresh basil leaves.*

PER SERVING: 112 cal., 4 g total fat (0 g sat. fat), 0 mg chol., 217 mg sodium, 16 g carb., 2 g fiber, 5 g pro. Exchanges: 0.5 vegetable, 1 starch, 0.5 fat. Carb choices: 1.

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recipe guide

See how we calculate nutrition information and help you count exchanges and carbs.

This seal assures you that every recipe in this issue of *Better Homes and Gardens® Diabetic Living®* magazine has been tested in the Better Homes and Gardens Test Kitchen. This means each recipe is practical and reliable, and meets our high standards of taste appeal.

Spicy Grilled Shrimp and Nectarine Kabobs

SERVINGS 4 (2 skewers each)
CARB. PER SERVING 11 g
PREP 25 minutes **MARINATE** 15 minutes **GRILL** 7 minutes

- 24 fresh or frozen jumbo shrimp in shells (1½ pounds)
- 2 nectarines, pitted and cut into eight wedges each
- 3 tablespoons fresh cilantro
- 2 teaspoons finely shredded orange peel
- 2 tablespoons orange juice
- 1 tablespoon Asian chile sauce (such as Sriracha)
- 1 clove garlic, minced

1. Thaw shrimp, if frozen. Peel and devein shrimp, removing tails if desired. Rinse shrimp; pat dry with paper towels. Place shrimp and nectarines in a resealable plastic bag set in a shallow dish.
2. In a small bowl, combine cilantro, orange peel, orange juice, chile sauce, and garlic. Pour over shrimp and nectarines; seal bag. Marinate in the refrigerator 15 minutes to 1 hour, turning bag occasionally.
3. Drain shrimp and nectarines, discarding any excess marinade. Thread shrimp and nectarines onto eight 6- to 8-inch skewers.* Sprinkle with ⅛ teaspoon *salt*.
4. Grill skewers on an uncovered grill directly over medium coals 7 to 9 minutes or until shrimp are opaque, turning once. (For a gas grill, preheat grill. Reduce heat to medium. Place shrimp on grill rack. Cover and grill as directed.)
5. Serve with *orange wedges*.
*If using wood skewers, soak in water for 30 minutes before using.
PER SERVING: 163 cal., 2 g total fat (0 g sat. fat), 172 mg chol., 263 mg sodium, 11 g carb., 2 g fiber, 24 g pro. Exchanges: 0.5 fruit, 3.5 lean meat. Carb choices: 1.

Recipe notes

When ingredient choices appear, we use the first one to calculate the nutrition analysis.

Kitchen basics such as salt and nonstick cooking spray are usually not listed in the ingredients list; they are italicized in the how-to steps.

Tub-style vegetable oil spread refers to 60% to 70% vegetable oil product.

Ingredients listed as optional are not included in the nutrition analysis.

For marinades, we assume most of it is discarded when calculating nutrition analysis.

Key to abbreviations used in the nutrition information:
cal. = calories
carb. = carbohydrate
chol. = cholesterol
pro. = protein
sat. fat = saturated fat

Test Kitchen tips and advice on using sugar substitutes are listed after the how-to steps.

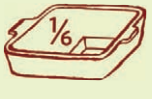
Nutrition facts per serving are noted with each recipe. 1 carb choice = 15 g carb.

Serving sizes

These symbols, used with our recipes, indicate the size of a single serving.

Cup
For foods you ladle or spoon, such as soup and pasta.

Round pan
For foods served in wedges, such as cake, pizza, and quiche.



Rectangular dish
For foods cooked in casserole dishes and baking pans, such as lasagna, sheet cake, and bars.

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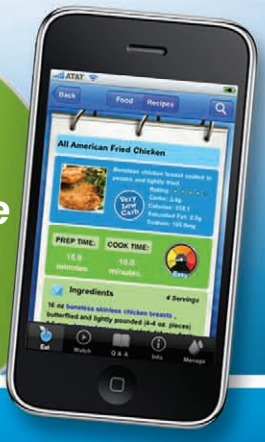

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» fire up

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Southwest Grilled Corn Salad

SERVINGS 6 (½ cup each)
CARB. PER SERVING 18 g
PREP 15 minutes **GRILL** 15 minutes

- ¼ cup canola oil
- 1 teaspoon finely shredded lime peel
- 2 tablespoons lime juice
- 1½ teaspoons agave nectar or honey
- 1 teaspoon ground cumin
- 1 to 2 tablespoons finely chopped fresh jalapeño chile pepper*
- 5 large fresh ears sweet corn, husks and silks removed
- 1 large red sweet pepper, quartered lengthwise and stems and seeds removed
- 3 green onions

1. For dressing: In a medium bowl, whisk together 3 tablespoons of the oil, the lime peel, lime juice, agave nectar, cumin, and ¼ teaspoon *salt*. Stir in chile pepper; set aside.
2. Brush corn, sweet pepper, and green onions with the remaining 1 tablespoon oil. Place vegetables on the rack of a grill directly over medium coals; grill until tender, turning occasionally. Allow 15 to 20 minutes for the corn, 8 to 10 minutes for the sweet pepper, and about 1 minute for the green onions. (For a gas grill, preheat grill. Reduce heat to medium. Place vegetables on grill rack over heat. Cover and grill as above.) Remove vegetables from grill. When cool enough to handle, cut corn kernels from cobs, chop sweet pepper, and slice green onions. Add vegetables to dressing in bowl; stir well. Serve warm, at room temperature, or chilled.**
***TEST KITCHEN TIP:** Because chile peppers contain volatile oils that can burn skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash well with soap and warm water.
****TEST KITCHEN TIP:** You may cover and chill this salad for up to 24 hours.

PER SERVING: 162 cal., 10 g total fat (1 g sat. fat), 0 mg chol., 111 mg sodium, 18 g carb., 3 g fiber, 3 g pro. Exchanges: 1 starch, 2 fat. Carb choices: 1.

Grilled Summer Squash, Onion, and Tomatoes

SERVINGS 6 (⅔ cup each)
CARB. PER SERVING 8 g
PREP 15 minutes **MARINATE** 10 minutes
GRILL 6 minutes

- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried oregano, crushed
- 3 medium zucchini and/or yellow summer squash, halved lengthwise and cut crosswise into ½-inch-thick slices
- 1 large red onion, cut into ½-inch-thick wedges
- 1 cup red and/or yellow grape tomatoes

1. For marinade: In a 3-quart rectangular baking dish, whisk together vinegar, oil, garlic, oregano, and ¼ teaspoon *salt*. Add squash and onion, stirring to coat. Marinate at room temperature 10 minutes.
2. Meanwhile, lightly coat a grill pan with *nonstick cooking spray*. Preheat grill pan on a grill directly over medium coals 15 seconds. Using a slotted spoon, remove squash and onion from marinade and place in the grill pan. Reserve marinade. Grill vegetables 5 to 6 minutes or just until tender and lightly browned, stirring occasionally. Stir in the tomatoes. Grill 1 minute more or until tomatoes are heated through. (For a gas grill, preheat grill. Reduce heat to medium. Preheat grill pan as directed. Add vegetables as directed. Cover and grill as directed.) Remove vegetables; place on a serving platter. Drizzle reserved marinade over vegetables. Toss to combine.

PER SERVING: 60 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 110 mg sodium, 8 g carb., 2 g fiber, 2 g pro. Exchanges: 1.5 vegetable, 0.5 fat. Carb choices: 0.5.

North Carolina Vinegar Sauce

SERVINGS 8 (2 tablespoons each)
CARB. PER SERVING 8 g or 5 g
START TO FINISH 15 minutes

- 1 cup cider vinegar
- ½ cup ketchup
- 2 tablespoons packed brown sugar*
- ½ to 1 teaspoon crushed red pepper

1. In a medium nonreactive saucepan, combine vinegar, ketchup, brown sugar, crushed red pepper, ¼ teaspoon *salt*, and ¼ teaspoon *black pepper*. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes. Transfer to a glass bowl; cool completely. Serve with desired meat.
***SUGAR SUBSTITUTES:** Choose from Sweet'N Low Brown or Sugar Twin Granulated Brown. Follow package directions to use product amount equivalent to 2 tablespoons brown sugar.
PER SERVING: 35 cal., 0 g fat, 0 mg chol., 242 mg sodium, 8 g carb., 0 g fiber, 0 g pro. Exchanges: 0.5 carb. Carb choices: 0.5.
PER SERVING WITH SUBSTITUTE: Same as above, except 22 cal., 241 mg sodium, 5 g carb. Exchanges: free. Carb choices: 0.

Mild Red Barbecue Sauce

SERVINGS 10 (2 tablespoons each)
CARB. PER SERVING 8 g
PREP 10 minutes **COOK** 20 minutes

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» crowd pleasers

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- ½ cup chopped onion
- ½ of a 6-ounce can tomato paste (⅓ cup)
- ¼ cup cider vinegar
- 2 tablespoons honey
- 1 tablespoon molasses
- 1 tablespoon yellow mustard
- 1 tablespoon Worcestershire sauce
- 1 teaspoon chili powder

1. In a small saucepan, combine ⅔ cup *water*, the onion, tomato paste, vinegar, honey, molasses, mustard, Worcestershire sauce, chili powder, and ¼ teaspoon *salt*. Bring to boiling; reduce heat. Simmer 20 minutes or until onion is tender and sauce is thickened. Serve with desired meat.

PER SERVING: 33 cal., 0 g fat, 0 mg chol., 164 mg sodium, 8 g carb., 0 g fiber, 1 g pro. Exchanges: 0.5 carb. Carb choices: 0.5.

Spicy Hot Red Barbecue Sauce

SERVINGS 10 (2 tablespoons each)
CARB. PER SERVING 4 g
START TO FINISH 20 minutes

- 1 8-ounce can tomato sauce
- 2 canned chipotle chile peppers in adobo sauce, finely chopped*
- ¼ cup chopped onion
- 3 tablespoons cider vinegar
- 1 tablespoon honey
- 2 cloves garlic, minced

1. In a medium saucepan, combine tomato sauce, chile peppers, onion, vinegar, honey, garlic, ¼ teaspoon *salt*, and ¼ teaspoon *black pepper*. Bring to boiling; reduce heat. Simmer 5 to 10 minutes or until slightly thickened. Serve with desired meat.

***TEST KITCHEN TIP:** See note on working with chile peppers, opposite.

PER SERVING: 16 cal., 0 g fat, 0 mg chol., 170 mg sodium, 4 g carb., 0 g fiber, 0 g pro. Exchanges: free. Carb choices: 0.

Grilled Fish Tacos with Pineapple Salsa

SERVINGS 6 (1 taco and ¼ cup salsa each)
CARB. PER SERVING 15 g
PREP 20 minutes **GRILL** 16 minutes

- 1 pound fresh or frozen sea bass or salmon, about 1 inch thick
- 2 teaspoons olive oil
- 6 6-inch corn tortillas
- ¾ cup fresh or canned juice-pack chopped pineapple
- ⅓ cup refrigerated fresh salsa or bottled salsa
- ¼ cup chopped green sweet pepper
- 1 tablespoon snipped fresh cilantro
- 1 cup baby salad greens

1. Thaw fish, if frozen; rinse fish and pat dry with paper towels. Brush fish with oil. Wrap tortillas in foil.

2. Arrange medium-hot coals around a grill drip pan. Test for medium heat above the pan. Place fish, skin side down, over pan. Cover; grill 15 to 25 minutes or until fish flakes easily. Using a metal spatula, turn fish; grill 1 minute more or until lightly browned. Add tortilla packet to grill the last 10 minutes of grilling, turning packet halfway through. (For a gas grill, preheat grill. Reduce heat to medium. Adjust for indirect grilling. Place fish, skin side down, on grill rack over burner that is off. Cover; grill as above, adding tortilla packet as directed.) Remove fish and tortillas from grill. Cool fish slightly. Remove skin. Break fish into bite-size pieces.

3. In a small bowl, combine pineapple, salsa, sweet pepper, and cilantro. To serve, divide greens among tortillas. Top with fish and pineapple mixture. If desired, serve with *lime wedges*.

PER SERVING: 159 cal., 4 g total fat (1 g sat. fat), 31 mg chol., 93 mg sodium, 15 g carb., 2 g fiber, 16 g pro. Exchanges: 1 starch, 2 lean meat. Carb choices: 1.

Layered Asian Salad

SERVINGS 8 (1 cup each)
CARB. PER SERVING 7 g
START TO FINISH 40 minutes

- 4 cups fresh baby spinach
- 2 cups shredded napa cabbage
- 1 cup coarsely shredded carrots
- 1 cup fresh pea pods, trimmed, strings removed, and halved
- 1 large red or yellow sweet pepper, cut into thin strips
- ⅓ cup thinly sliced green onions
- 1 teaspoon finely shredded orange peel
- ⅓ cup orange juice
- 1 tablespoon rice vinegar or white wine vinegar
- 2 teaspoons reduced-sodium soy sauce
- 2 teaspoons honey
- 1 teaspoon toasted sesame oil
- 1 teaspoon sesame seeds, toasted
- ½ teaspoon grated fresh ginger or ⅛ teaspoon ground ginger

1. Place spinach in the bottom of a 2½- to 3-quart clear glass salad bowl. Top with cabbage, carrots, pea pods, sweet pepper, and green onions.

2. For dressing: In a screw-top jar, combine orange peel, orange juice, vinegar, soy sauce, honey, sesame oil, sesame seeds, and ginger. Cover and shake well.

3. Pour dressing evenly over salad. Toss gently to mix.

MAKE-AHEAD DIRECTIONS: Prepare through Step 2. Cover salad bowl with plastic wrap. Chill salad and dressing in the refrigerator up to 24 hours. Just before serving, shake dressing. Pour dressing evenly over salad. Toss gently to mix.

PER SERVING: 42 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 70 mg sodium, 7 g carb., 2 g fiber, 2 g pro. Exchanges: 1.5 vegetable. Carb choices: 0.5.

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Curried Wild Rice Salad

SERVINGS 10 (½ cup each)
CARB. PER SERVING 25 g
PREP 20 minutes **COOK** 40 minutes
CHILL 4 to 24 hours **STAND** 30 minutes

- ⅔ cup wild rice, rinsed and drained
- ⅔ cup brown rice
- 1 cup frozen peas, thawed
- 1 medium red or yellow sweet pepper, chopped
- 2 green onions, thinly sliced
- ¼ cup dried currants or raisins
- 3 tablespoons canola oil
- 3 tablespoons orange juice
- 1 tablespoon honey
- 1 teaspoon curry powder
- ¼ cup chopped peanuts (optional)

1. In a medium saucepan, combine 3 cups *water*, the wild rice, and brown rice. Bring to boiling; reduce heat. Cover and simmer about 40 minutes or until rice is tender; drain if necessary.
2. Transfer cooked rice to a large bowl; let cool to room temperature. Add peas, sweet pepper, green onions, and currants to rice mixture.
3. In a screw-top jar, combine oil, orange juice, honey, curry powder, and ¼ teaspoon *salt*. Cover and shake well.
4. Pour orange juice mixture over rice mixture. Toss gently to combine. Cover and chill in the refrigerator 4 to 24 hours.
5. Let salad stand at room temperature 30 minutes before serving. If desired, sprinkle with chopped peanuts just before serving.

PER SERVING: 155 cal., 5 g total fat (0 g sat. fat), 0 mg chol., 80 mg sodium, 25 g carb., 2 g fiber, 4 g pro. Exchanges: 1.5 starch, 1 fat. Carb choices: 1.5.

Greek Garden Pasta Salad

SERVINGS 12 (½ cup each)
CARB. PER SERVING 15 g
PREP 35 minutes **CHILL** 3 to 6 hours

- 6 ounces dried whole grain or multigrain bow tie or rotini pasta (2⅔ cups)
- 1 6-ounce carton plain fat-free yogurt or Greek-style plain fat-free yogurt (⅔ cup)
- ⅓ cup light mayonnaise
- 2 tablespoons fat-free milk
- 2 tablespoons snipped fresh dill or 1½ teaspoons dried dill
- 2 tablespoons snipped fresh Italian (flat-leaf) parsley
- 1 teaspoon finely shredded lemon peel
- 1 tablespoon lemon juice
- 1½ cups chopped English cucumber
- 1½ cups halved grape tomatoes
- 1 medium green sweet pepper, chopped
- ⅓ cup sliced green onions
- ⅓ cup quartered pitted kalamata olives

1. Cook pasta according to package directions. Drain well. Rinse with cold water and drain again.
2. For dressing: In a large bowl, stir together yogurt, mayonnaise, milk, dill, parsley, lemon peel, lemon juice, and ½ teaspoon *black pepper*.
3. Stir the pasta, cucumber, tomatoes, sweet pepper, and green onions into the dressing. Toss gently to coat. Cover and chill in the refrigerator 3 to 6 hours. Fold in kalamata olives just before serving.

PER SERVING: 98 cal., 3 g total fat (0 g sat. fat), 3 mg chol., 100 mg sodium, 15 g carb., 2 g fiber, 3 g pro. Exchanges: 1 starch, 0.5 fat. Carb choices: 1.

Cheesy Vegetable Bake

SERVINGS 12 (about ½ cup each)
CARB. PER SERVING 10 g
PREP 30 minutes **BAKE** 40 minutes
STAND 5 minutes

- 2 16-ounce packages frozen broccoli, cauliflower, and carrots, thawed and drained
- 1 12-ounce can evaporated fat-free milk
- ¼ cup finely chopped onion
- 2 tablespoons flour
- 2 cloves garlic, minced
- ¾ cup shredded reduced-fat sharp cheddar cheese (3 ounces)
- ½ of an 8-ounce package reduced-fat cream cheese (Neufchâtel), cut up and softened
- ⅔ cup soft whole wheat bread crumbs (1 slice)
- 2 tablespoons snipped fresh parsley and/or snipped fresh basil (optional)

1. Preheat oven to 350°F. Coat a 2-quart square baking dish with *nonstick cooking spray*. Arrange thawed vegetables in dish. Set aside.
2. In a medium saucepan, whisk together evaporated milk, onion, flour, garlic, and ¼ teaspoon *black pepper*. Cook and stir over medium heat until thickened and bubbly. Remove from heat. Add cheddar cheese and cream cheese, whisking until smooth.
3. Pour cheese mixture evenly over vegetables. Toss gently to coat vegetables with sauce. Sprinkle with bread crumbs. Lightly coat crumbs with additional cooking spray.
4. Bake 40 to 45 minutes or until mixture is bubbly and crumbs are lightly browned. Let stand 5 minutes before serving. If desired, sprinkle with parsley and/or basil.

PER SERVING: 104 cal., 4 g total fat (2 g sat. fat), 13 mg chol., 163 mg sodium, 10 g carb., 2 g fiber, 7 g pro. Exchanges: 1 vegetable, 0.5 medium-fat meat, 0.5 fat. Carb choices: 0.5.

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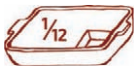
Tomato-Artichoke Focaccia

SERVINGS 12 (1/12 focaccia each)
CARB. PER SERVING 35 g
PREP 30 minutes **RISE** 1¼ hours
BAKE 25 minutes

- 3½ to 4 cups flour
- 1 package active dry yeast
- 2 tablespoons olive oil
- ¼ cup cornmeal
- 1¼ pounds roma tomatoes and/or heirloom tomatoes, thinly sliced
- 1 14-ounce can artichoke hearts, drained and quartered
- 1 tablespoon olive oil
- 1 tablespoon snipped fresh rosemary
- 1 small red onion, very thinly sliced and separated into rings
- 4 cloves garlic, cut into thin slivers

1. In a large bowl, combine 1½ cups of the flour, the yeast, and 1 teaspoon *salt*. Add 1¼ cups *warm water* and the 2 tablespoons olive oil. Beat with an electric mixer on medium speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes. Using a wooden spoon, stir in cornmeal and as much of the remaining flour as you can.
2. Turn out dough onto a lightly floured surface. Knead in enough remaining flour to make a moderately soft dough that's smooth and elastic (3 to 5 minutes). Shape into a ball. Place in a greased bowl, turning once to grease surface.
3. Cover and let rise in a warm place until double in size (45 to 60 minutes). Punch dough down; let rest 10 minutes. Grease a 15×10×1-inch baking pan. Place dough in prepared baking pan. Gently pull and stretch dough in the baking pan into a 15×8-inch rectangle, being careful not to overwork dough.
4. Lightly coat dough with *nonstick cooking spray*. Cover loosely with plastic wrap; let rise in a warm place until double in size (about 30 minutes).
5. Preheat oven to 450°F. Arrange tomato slices and artichoke quarters on a double thickness of paper towels. Let stand 15 minutes. Change paper towels as necessary to absorb all excess liquid. Using your fingers, press deep indentations in the dough 1½ to 2 inches apart. Brush dough with the 1 tablespoon olive oil. Sprinkle with rosemary. Arrange tomato slices, artichoke quarters, onion rings, and garlic slivers evenly on top of dough.
6. Bake 25 minutes or until golden. Transfer to a wire rack to cool. Serve warm or at room temperature.

MAKE-AHEAD DIRECTIONS: Prepare through Step 2. Cover and chill dough in the refrigerator 16 to 24 hours. Punch dough down and continue as directed in Step 3, except increase the rising time in Step 4 to about 45 minutes.



PER SERVING: 197 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 310 mg sodium, 35 g carb., 3 g fiber, 5 g pro. Exchanges: 0.5 vegetable, 2 starch, 0.5 fat. Carb choices: 2.

Green Apple Slaw

SERVINGS 12 (about ¾ cup each)
CARB. PER SERVING 10 g
PREP 30 minutes **CHILL** 1 to 24 hours

- ½ cup light mayonnaise or salad dressing
- 2 teaspoons honey
- ½ teaspoon poppy seeds
- 4 Granny Smith apples, cored, quartered, and thinly sliced (4 cups)
- 1 tablespoon lemon juice
- 1½ cups coarsely chopped cabbage
- ¾ cup halved green seedless grapes
- ½ cup thinly sliced celery

1. For dressing: In a small bowl, stir together mayonnaise, honey, and poppy seeds. Set aside.
2. In a large bowl, combine apples and lemon juice; toss to combine. Stir in cabbage, grapes, and celery. Pour dressing over mixture; toss gently to coat. Cover and chill in the refrigerator 1 to 24 hours before serving.

PER SERVING: 67 cal., 3 g total fat (1 g sat. fat), 4 mg chol., 73 mg sodium, 10 g carb., 1 g fiber, 0 g pro. Exchanges: 0.5 fruit. Carb choices: 0.5.

Fiesta Corn Salad

SERVINGS 12 (½ cup each)
CARB. PER SERVING 15 g
START TO FINISH 35 minutes

- 4 cups fresh or frozen whole kernel corn
- 1 cup frozen shelled sweet soybeans (edamame)
- ¼ cup chopped red onion
- ¼ cup snipped fresh cilantro
- 1 small fresh jalapeño chile pepper, seeded and finely chopped*
- 2 tablespoons olive oil
- ½ teaspoon finely shredded lime peel
- 2 tablespoons lime juice
- 1½ teaspoons cumin seeds, toasted**
- 2 cloves garlic, minced
- ¼ teaspoon chili powder
- 2 medium tomatoes, seeded and chopped
- Fresh cilantro (optional)

1. In a covered large saucepan, cook corn and soybeans in enough boiling water to cover for 2 minutes; drain. Rinse with cold water and drain again.
2. In a large bowl, stir together corn, soybeans, red onion, snipped cilantro, and chile pepper.
3. In a screw-top jar, combine olive oil, lime peel, lime juice, cumin seeds, garlic, and chili powder. Cover and shake well.

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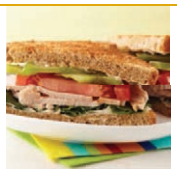
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4. Pour lime mixture over corn mixture; toss gently to coat. Gently stir in tomatoes. If desired, garnish with additional cilantro. Serve immediately.

MAKE-AHEAD DIRECTIONS: Prepare as directed, but do not stir in tomatoes. Cover and chill in the refrigerator up to 24 hours. Gently stir in tomatoes. Let stand 30 minutes before serving.

***TEST KITCHEN TIP:** Because chile peppers contain volatile oils that can burn skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash well with soap and warm water.

****TEST KITCHEN TIP:** To toast cumin seeds, place seeds in a dry small skillet. Heat over medium heat about 2 minutes or until fragrant, shaking skillet often.

PER SERVING: 96 cal., 4 g total fat (0 g sat. fat), 0 mg chol., 6 mg sodium, 15 g carb., 2 g fiber, 4 g pro. Exchanges: 1 starch, 0.5 fat. Carb choices: 1.

Summer Berries with Orange Cream

SERVINGS 12 (½ cup berries and 1½ tablespoons cream topping each)
CARB. PER SERVING 12 g
PREP 20 minutes **CHILL** 1 to 3 hours

- 1 teaspoon finely shredded orange peel (set aside)
- 2 tablespoons orange juice
- 1 tablespoon orange liqueur or orange juice
- 1 tablespoon honey
- 1 teaspoon white or regular balsamic vinegar
- 6 cups assorted fresh berries (such as blueberries, blackberries, red and/or golden raspberries, and/or halved small strawberries)
- ¾ cup frozen sugar-free or light whipped dessert topping, thawed
- ½ cup light sour cream
- Thinly sliced kumquats (optional)

1. For marinade: In a screw-top jar, combine orange juice, liqueur, honey, and balsamic vinegar. Cover and shake well.
2. Place berries in a large bowl. Pour marinade over berries. Toss gently to coat. Cover and chill in the refrigerator 1 to 3 hours.
3. For cream topping: In a small bowl, fold together dessert topping, sour cream, and orange peel.
4. To serve, top berries with the cream topping. If desired, garnish with kumquats.

PER SERVING: 64 cal., 2 g total fat (1 g sat. fat), 3 mg chol., 7 mg sodium, 12 g carb., 2 g fiber, 1 g pro. Exchanges: 0.5 fruit, 0.5 carb. Carb choices: 1.

» stay-cool meals
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Salmon and Couscous Casserole

SERVINGS 4 (about 1¼ cups each)
CARB. PER SERVING 34 g
START TO FINISH 25 minutes

- 2 cloves garlic, minced
- ⅔ cup whole wheat couscous
- 1 14.75-ounce can salmon, drained, flaked, and skin and bones removed
- 2 cups packaged fresh baby spinach leaves
- ½ cup jarred roasted red sweet peppers, drained and chopped
- ⅓ cup jarred tomato bruschetta topper
- 2 tablespoons purchased toasted almonds

1. In a 2-quart microwave-safe casserole, combine 1 cup *water* and the garlic. Microwave, uncovered, on 100% power (high) for 2½ to 3 minutes or until mixture is boiling. Remove from microwave and stir in couscous; spoon salmon over couscous mixture. Cover and let stand 5 minutes.
2. Add spinach, roasted peppers, and bruschetta topper to couscous mixture. Toss to combine. Divide mixture among four serving plates. Top with almonds to serve.

PER SERVING: 335 cal., 9 g total fat (2 g sat. fat), 41 mg chol., 616 mg sodium, 34 g carb., 6 g fiber, 30 g pro. Exchanges: 1 vegetable, 2 starch, 3 lean meat. Carb choices: 2.

Cajun Turkey Sandwiches

SERVINGS 4 (1 sandwich each)
CARB. PER SERVING 19 g
START TO FINISH 20 minutes

- ⅓ cup light mayonnaise or salad dressing
- 1 teaspoon purchased salt-free Cajun seasoning (or see recipe, right)
- 1 clove garlic, minced
- 8 very thin slices firm-texture whole wheat bread, toasted if desired
- 1 cup fresh spinach leaves
- 8 ounces packaged lower-sodium sliced cooked turkey breast
- 4 tomato slices
- 1 small green sweet pepper, seeded and sliced

1. In a small bowl, stir together mayonnaise, Cajun seasoning, and garlic. Spread on one side of each of the bread slices.
2. To assemble, place four of the bread slices, spread sides up, on serving plates. Layer with spinach, turkey, tomato, and sweet pepper. Top with remaining bread slices, spread sides down. Cut in half to serve.

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HOMEMADE SALT-FREE CAJUN SEASONING: In a small bowl, stir together ¼ teaspoon white pepper, ¼ teaspoon garlic powder, ¼ teaspoon onion powder, ¼ teaspoon paprika, ¼ teaspoon black pepper, and ⅛ to ¼ teaspoon cayenne pepper.
PER SERVING: 210 cal., 9 g total fat (1 g sat. fat), 37 mg chol., 635 mg sodium, 19 g carb., 3 g fiber, 16 g pro. Exchanges: 0.5 vegetable, 1 starch, 1.5 lean meat. Carb choices: 1.

Bean-Tofu Burritos

SERVINGS 4 (1 burrito each)
CARB. PER SERVING 33 g
PREP 20 minutes **STAND** 30 minutes

- ½ teaspoon shredded lime peel
- ¼ cup lime juice
- 1 tablespoon canola oil
- 2 cloves garlic, minced
- 1 teaspoon salt-free Southwest chipotle seasoning blend
- 1 12- to 16-ounce package firm water-pack tofu, drained and cut into ½-inch cubes
- ½ cup light sour cream
- 1 cup canned black beans, rinsed and drained
- 4 8-inch whole grain tortillas
- 1 cup shredded lettuce
- 1 medium yellow or red sweet pepper, cut into thin strips

1. In a medium bowl, combine lime peel, lime juice, oil, garlic, seasoning blend, and ⅛ teaspoon *salt*. Transfer 1 tablespoon of the mixture to a small bowl. Add tofu to the remaining mixture in the medium bowl; toss to coat. Let stand 30 minutes at room temperature, gently stirring occasionally.
2. Stir sour cream into the 1 tablespoon lime juice mixture in the small bowl.
3. In another medium bowl, use a fork to coarsely mash beans. Stir in ¼ cup of the sour cream mixture.
4. Spread bean mixture onto tortillas, leaving a 1-inch border around the edges. Using a slotted spoon, spoon tofu mixture over bean mixture on bottom halves of tortillas. Top tofu with lettuce, sweet pepper, and the remaining sour cream mixture. Roll up tortillas. Cut into thirds to serve.
PER SERVING: 331 cal., 13 g total fat (3 g sat. fat), 8 mg chol., 589 mg sodium, 33 g carb., 15 g fiber, 22 g pro. Exchanges: 0.5 vegetable, 2 starch, 2 medium-fat meat. Carb choices: 2.

» chill out

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Banana Split Ice Cream Pie

SERVINGS 10 (1/10 pie each)
CARB. PER SERVING 27 g
PREP 20 minutes **BAKE** 5 minutes
FREEZE 4 hours to 1 week

- 1 purchased reduced-fat graham cracker crumb pie shell
- 1 egg white, lightly beaten
- 1½ cups low-fat or light chocolate ice cream, softened
- 1½ cups low-fat or light vanilla ice cream, softened
- 1 large banana, sliced
- 1 cup sliced fresh strawberries
- 2 tablespoons light chocolate-flavor syrup

1. Preheat oven to 375°F. Brush pie shell with egg white. Bake 5 minutes. Cool on a wire rack. Spread chocolate ice cream in the bottom of the cooled pie shell. Spread vanilla ice cream evenly over chocolate ice cream. Cover and freeze at least 4 hours or up to 1 week.
2. To serve, arrange banana and strawberry slices over ice cream layers. Drizzle with chocolate syrup. Cut into wedges.

PER SERVING: 167 cal., 5 g total fat (2 g sat. fat), 6 mg chol., 115 mg sodium, 27 g carb., 1 g fiber, 3 g pro. Exchanges: 2 carb., 0.5 fat. Carb choices: 2.

Banana Buster Pops

SERVINGS 4 (1 pop each)
CARB. PER SERVING 18 g
PREP 20 minutes **FREEZE** 30 minutes

- 4 teaspoons peanut butter
- 1 large banana, cut into 12 slices
- 4 6- to 8-inch white sucker sticks or wood skewers
- 2 ounces milk chocolate or semisweet chocolate, melted
- 2 tablespoons finely chopped unsalted dry-roasted or cocktail peanuts

1. Line a baking sheet with waxed paper; set aside. Spoon ½ teaspoon of the peanut butter onto each of eight of the banana slices. Place four of the peanut butter-topped banana slices on the remaining four peanut butter-topped slices to make four stacks of two banana slices with peanut butter between and peanut butter on top. Place one of the remaining banana slices on top of each stack. Push a sucker stick or skewer all the way through the center of each stack.
2. Place melted chocolate in a shallow dish. Place peanuts in another shallow dish. Roll each banana stack in the melted chocolate. Use a thin metal spatula to help spread the chocolate into a thin, even layer over the stacks. Immediately roll in peanuts. Place on prepared baking sheet.
3. Freeze banana pops on sheet about 30 minutes or until firm. Serve pops straight from the freezer.
PER POP: 165 cal., 9 g total fat (4 g sat. fat), 3 mg chol., 38 mg sodium, 18 g carb., 2 g fiber, 4 g pro. Exchanges: 0.5 fruit, 0.5 carb., 0.5 high-fat meat, 1 fat. Carb choices: 1.

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Pomegranate Tea Sorbet

SERVINGS 8 (about ½-cup each)
CARB. PER SERVING 16 g or 11 g
PREP 25 minutes **FREEZE** 9 hours
STAND 10 minutes

- 2 cups pomegranate juice
- 4 bags red roobios herb tea or berry herb tea
- 3 tablespoons sugar*

1. In a medium saucepan, combine juice and 1 cup *water*. Bring to boiling; remove from heat. Add tea bags. Cover and let steep 5 minutes. Remove tea bags, squeezing out any extra liquid. Add sugar, stirring until dissolved.
2. Pour juice mixture into a 2-quart square baking dish or freezer container. Cover and freeze about 6 hours or until mixture is nearly firm, stirring occasionally so mixture freezes evenly.
3. Break mixture into chunks. Transfer to a food processor.** Cover and process just until smooth, but not melted. Return to baking dish or freezer container. Cover and freeze about 3 hours more or until firm.
4. To serve, let stand at room temperature 10 minutes. Scoop into paper dessert cups or dessert dishes.
***SUGAR SUBSTITUTES:** Choose from Splenda® granular, Equal® Spoonful or packets, or Sweet'N Low® bulk or packets. Follow package directions to use product amount equivalent to 3 tablespoons sugar.
****TEST KITCHEN TIP:** If you want to beat the mixture with an electric mixer rather than using a food processor, transfer the frozen chunks to a chilled very large bowl. If necessary, mash with a potato masher to make small pieces. Beat with an electric mixer on medium speed just until smooth, but not melted.

PER SERVING: 62 cal., 0 g total fat, 0 mg chol., 5 mg sodium, 16 g carb., 0 g fiber, 0 g pro. Exchanges: 0.5 fruit, 0.5 carb.. Carb choices: 1.
PER SERVING WITH SUBSTITUTE: same as above, except 46 cal., 11 g carb. Exchanges: 0.5 other carb.

Fruit Pops

SERVINGS 8 (1 pop each)
CARB. PER SERVING 17 g or 14 g
PREP 25 minutes **FREEZE** 5 to 6 hours

- 2 tablespoons sugar*
- 2 cups seedless watermelon cubes
- 8 5-ounce paper cups
- 8 wooden frozen dessert sticks
- 8 kiwifruits, peeled and cut up

1. In a small bowl, stir together ¼ cup *water* and sugar until sugar is dissolved. In a blender, combine watermelon cubes and 1 tablespoon of the sugar-water mixture. Cover and blend until very smooth. Divide mixture among paper cups. Cover tops with foil. Cut a slit in the center of the foil on each cup; insert a wooden stick in each slit. Place cups on a small baking sheet. Freeze 1 to 2 hours or until thick and slushy.
2. In a blender, combine kiwifruits and the remaining sugar-water mixture. Cover and blend until very smooth. Remove foil from paper cups. Pour kiwi mixture evenly over watermelon layer in cups. Freeze at least 4 hours or until completely solid.
3. To serve, peel paper from the pops.
***SUGAR SUBSTITUTES:** Choose from Splenda granular, Equal Spoonful or packets, or Sweet'N Low bulk or packets. Follow package directions to use product amount equivalent to 2 tablespoons sugar.
PER POP: 70 cal., 0 g fat, 0 mg chol., 3 mg sodium, 17 g carb., 2 g fiber, 1 g pro. Exchanges: 1 fruit. Carb choices: 1.
PER POP WITH SUBSTITUTE: Same as above, except 59 cal., 14 g carb.

PINEAPPLE-BLUEBERRY POPS: Prepare as directed, except substitute 2 cups cut-up fresh pineapple for the watermelon and 2 cups fresh blueberries for the kiwifruits.
PER POP: 52 cal., 0 g fat, 0 mg chol., 1 mg sodium, 13 g carb., 1 g fiber, 0 g pro. Exchanges: 1 fruit. Carb choices: 1.
PER POP WITH SUBSTITUTE: Same as above, except 42 cal., 11 g carb.
MANGO-RASPBERRY POPS: Prepare as directed, except substitute 2 cups cut-up fresh mango for the watermelon and 2 cups fresh raspberries for the kiwifruits. (If desired, after blending raspberry mixture, pass through a fine-mesh sieve to remove seeds.)
PER POP: 55 cal., 0 g fat, 0 mg chol., 1 mg sodium, 14 g carb., 3 g fiber, 1 g pro. Exchanges: 1 fruit. Carb choices: 1.
PER POP WITH SUBSTITUTE: Same as above, except 44 cal., 11 g carb.

Mango-Ginger Cups

SERVINGS 16 (½ tablespoon crushed gingersnaps, 2½ tablespoons mango mixture, and 2 teaspoons whipped dessert topping each)
CARB. PER SERVING 12 g
PREP 25 minutes **FREEZE** 1 hour
STAND 10 minutes

- 2 medium mangoes, seeded, peeled, and cut up
- 1 8-ounce tub light cream cheese
- 1 6-ounce carton low-fat peach yogurt
- ½ teaspoon ground ginger
- 12 gingersnaps, crushed
- ¾ cup frozen light whipped dessert topping, thawed
- ½ of a medium mango, cut into thin bite-size slivers

1. In a food processor or blender, combine the 2 cut-up mangoes, the

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Very Strawberry Shortcake

Strawberry Filling
3 cups sliced fresh strawberries
2 tablespoons SPLENDA® No Calorie Sweetener, Granulated
2 teaspoons balsamic vinegar

Shortcakes
2 1/2 cups reduced-fat biscuit mix
1/3 cup SPLENDA® No Calorie Sweetener, Granulated
1 cup plain fat-free yogurt
1 1/2 teaspoons vanilla extract

Prep Time: 15 Min.
Cooking Time: 15 Min.
Serves: 12

fat-free frozen whipped topping, thawed (optional)
mint sprigs (optional)

Strawberry Filling Directions: Stir together strawberries, 2 tablespoons SPLENDA® Granulated Sweetener and balsamic vinegar; let stand 1 hour, stirring occasionally.

Shortcake Directions: Preheat oven to 425 degrees F.

1. Combine biscuit mix and 1/3 cup SPLENDA® Granulated Sweetener in a large bowl.
2. Stir together yogurt and vanilla; add to dry ingredients, stirring just until moistened.
3. Turn dough out onto a lightly floured surface, and knead 3 or 4 times. Pat dough to a 1/2-inch thickness. Cut with a 2 1/4-inch round cutter, reusing dough scraps, if necessary. Place shortcakes on an ungreased baking sheet. Bake 12 to 15 minutes. Serve warm with sliced strawberries. Garnish, if desired.

Nutrition Info (per serving) Serving Size: 1 shortcake, 1/4 cup strawberries
Calories 120 | Calories from Fat 5 | Fat 1g (sat 0g) | Cholesterol 0mg | Sodium 350mg | Carbohydrate 25g | Fiber 2g | Sugar 6g | Protein 4g

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cream cheese, yogurt, and ground ginger. Cover and process or blend until very smooth. Divide crushed gingersnaps evenly among sixteen 2-ounce disposable shot glasses or regular shot glasses. Carefully spoon in mango mixture.

2. Freeze about 1 hour or just until firm. (Or freeze overnight. For longer storage, place glasses in an airtight container and freeze up to 2 weeks.) Before serving, let stand at room temperature 10 minutes (or 30 minutes if frozen overnight or longer).

3. To serve, spoon dessert topping on top of the mango mixture in glasses. Top with mango slivers.

PER SERVING: 81 cal., 3 g total fat (2 g sat. fat), 7 mg chol., 107 mg sodium, 12 g carb., 1 g fiber, 2 g pro. Exchanges: 1 carb., 0.5 fat. Carb choices: 1.

Ice Cream Finger Sandwiches

SERVINGS 12 (1 sandwich each)
CARB. PER SERVING 15 g
PREP 25 minutes **FREEZE** 30 minutes

- 1 cup low-fat or light strawberry ice cream or no-sugar-added reduced-fat cherry-vanilla ice cream
- 12 ladyfingers, split
- 3 ounces bittersweet, semisweet, or milk chocolate, melted
- ½ cup flaked coconut, toasted

1. Line a large baking sheet with waxed paper; set aside. Spoon ice cream into a small chilled bowl; stir just until ice cream is slightly softened. Working quickly,* spread ice cream on the cut sides of half of the ladyfinger halves. Top with the remaining ladyfinger halves, cut sides down. Gently press together.

2. Dip one end of each sandwich in melted chocolate, using a thin metal spatula or butter knife to spread chocolate over the ice cream. Sprinkle with coconut. Place on prepared baking sheet. Freeze 30 minutes before serving.

***TEST KITCHEN TIP:** To prevent the ice cream from getting too soft during assembly, prepare half of the sandwiches at a time.

PER SERVING: 118 cal., 6 g total fat (4 g sat. fat), 26 mg chol., 37 mg sodium, 15 g carb., 1 g fiber, 2 g pro. Exchanges: 1 carb., 1 fat. Carb choices: 1.

Cherry-Almond Sauce

SERVINGS 4 (½ cup ice cream and about ¼ cup sauce each)
CARB. PER SERVING 31 g or 28 g
PREP 20 minutes **COOL** 20 minutes

- 1 tablespoon packed brown sugar*
- ½ to 1 teaspoon cornstarch**
- 1 tablespoon butter
- 2 cups fresh or frozen pitted unsweetened tart red cherries
- 1 tablespoon amaretto or water
- ¼ teaspoon almond extract
- 2 cups low-fat or light Neapolitan or fudge-nut sundae ice cream

1. In a small bowl, combine brown sugar and cornstarch; set aside. In a medium skillet, heat butter over medium heat just until melted. Remove from heat. Add cherries, brown sugar mixture, and amaretto. Return to heat. Cook and stir 2 minutes or until mixture is thickened and bubbly. Cook and stir 1 minute more. Remove from heat. Stir in almond extract. Cool 20 minutes. Serve warm over ice cream.

***SUGAR SUBSTITUTES:** Choose from Sweet'N Low Brown or Sugar Twin Granulated Brown. Follow package directions to use product amount equivalent to 1 tablespoon brown sugar.

****TEST KITCHEN TIP:** With fresh cherries, use ½ teaspoon cornstarch; with frozen cherries, use 1 teaspoon cornstarch.

PER SERVING: 191 cal., 6 g total fat (4 g sat. fat), 18 mg chol., 74 mg sodium, 31 g carb., 1 g fiber, 3 g pro. Exchanges: 1.5 carb., 0.5 fruit, 1 fat. Carb choices: 2.

PER SERVING WITH SUBSTITUTE: Same as above, except 178 cal., 28 g carb.

Blackberry-Balsamic Sauce

SERVINGS 6 (½ cup ice cream and about ¼ cup sauce each)
CARB. PER SERVING 24 g or 22 g
PREP 15 minutes **COOL** 20 minutes

- 1 tablespoon packed brown sugar*
- ½ teaspoon cornstarch
- 1 tablespoon butter
- 2 cups fresh blackberries
- 1 tablespoon balsamic vinegar
- 3 cups low-fat or light French vanilla or vanilla bean ice cream

1. In a small bowl, combine brown sugar and cornstarch; set aside. In a medium skillet, heat butter over medium heat just until melted. Remove from heat. Add blackberries, brown sugar mixture, and vinegar. Return to heat. Cook and stir 2 to 3 minutes or until mixture is thickened and bubbly. Cook and stir 1 minute more. Remove from heat. Cool 20 minutes. Serve warm over ice cream.

***SUGAR SUBSTITUTES:** Choose from Sweet'N Low Brown or Sugar Twin Granulated Brown. Follow package directions to use product amount equivalent to 1 tablespoon brown sugar.

PER SERVING: 149 cal., 5 g total fat (3 g sat. fat), 15 mg chol., 70 mg sodium, 24 g carb., 3 g fiber, 3 g pro. Exchanges: 1 carb., 0.5 fruit, 1 fat. Carb choices: 1.5.

PER SERVING WITH SUBSTITUTE: Same as above, except 140 cal., 22 g carb.

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Gluten FREE When you see this symbol GF next to the recipe title, the recipe is designed to be prepared with gluten-free ingredients and may be suitable for people who live with celiac disease.

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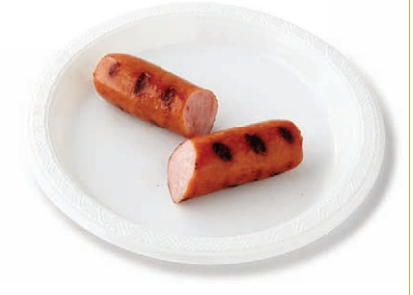
a cut above

Meat is low in carbs, but that doesn't mean you should go hog wild. Calories and fat can add up fast, so choose wisely before you light the grill.

	LOW-CAL	MEDIUM-CAL	HIGH-CAL
BURGERS	**Ground turkey breast (3 ounces cooked)** 115 cal., 1 g fat, 0 g carb.	*Choose low-fat, low-calorie toppings.* **Ground beef 93% lean (3 ounces cooked)** 170 cal., 8 g fat, 0 g carb.	**Ground beef 80% lean (3 ounces cooked)** 290 cal., 22 g fat, 0 g carb.
STEAKS	**Top round steak (3 ounces cooked)** 157 cal., 5 g fat, 0 g carb.	**Inside skirt steak (3 ounces cooked)** 187 cal., 10 g fat, 0 g carb.	*The marbling in a rib eye steak indicates higher fat content.* **Rib eye steak (3 ounces cooked)** 210 cal., 13 g fat, 0 g carb.
DOGS	*Also look for fat-free beef hot dogs.* **One fat-free turkey dog** 40 cal., 0 g fat, 4 g carb.	**One hot dog** 180 cal., 16 g fat, 3 g carb.	 **One bratwurst** 270 cal., 22 g fat, 2 g carb.

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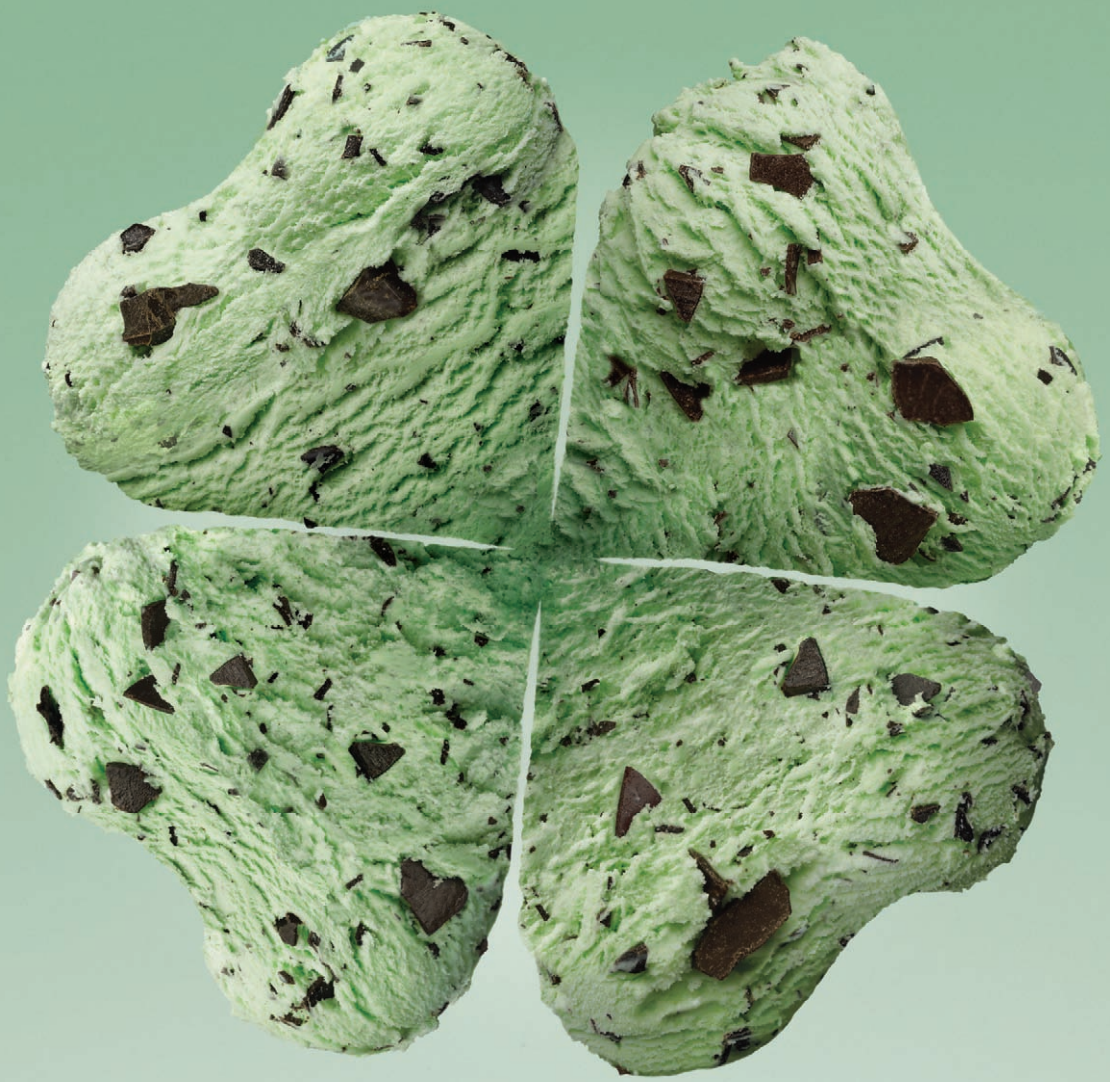

NO SUGAR ADDED. LUCKY YOU.

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IMPORTANT NEWS

*Living with Type 2 Diabetes just got a whole lot **tastier** with Jenny Craig.*

Why losing weight is important when you have Type 2 Diabetes

Weight loss of an average of 8% in people with type 2 diabetes is associated with ***improvements in cardiovascular disease risk factors and control of diabetes***. This amount of weight loss can also lead to ***reductions in medications for hypertension, diabetes and lipid-lowering.****

**The Look AHEAD Research Group. Reduction in weight and cardiovascular disease risk factors in individuals with type 2 diabetes. Diab Care. 2007;30:1374-1383.*

Nancy V. lost 68 lbs and feels better than ever!*

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– Manage blood pressure
– Control cholesterol and triglyceride levels

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Jenny Craig® Type 2

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